Ginger-Garlic Veggie Stir-Fry

Plant-Based • Quick Weeknight Meal • Loaded with Crunch

Ingredients (Serves 2):

- 1 cup broccoli florets
- ½ red bell pepper, sliced
- ½ yellow bell pepper, sliced
- 1 large carrot, thinly sliced
- 1 small zucchini, halved and sliced
- 2 tablespoons sesame oil (or avocado oil)
- 2 garlic cloves, minced
- 1 tablespoon fresh grated ginger
- 2 tablespoons low-sodium soy sauce (or tamari)
- 1 tablespoon maple syrup or agave
- 1 teaspoon rice vinegar
- Optional: sesame seeds, scallions, sriracha for topping
- Serve with: cooked brown rice, jasmine rice, or rice noodles

Instructions:

- 1. Heat sesame oil in a large pan or wok over medium-high heat.
- 2. Add garlic and ginger, sauté for 30 seconds until fragrant.
- 3. Add broccoli, carrots, and peppers; stir-fry for 3–4 minutes.
- 4. Add zucchini and stir-fry another 2 minutes until all veggies are crisp-tender.

- 5. In a small bowl, mix soy sauce, maple syrup, and vinegar. Pour over veggies and toss to coat.
- 6. Cook 1–2 more minutes, then remove from heat.
- 7. Serve over rice or noodles. Garnish with sesame seeds, scallions, or hot sauce.

Nutritional Highlights (per serving without rice):

• Calories: 210

• Fiber: 6g

• Vitamin C: 140% DV

• Iron: 12% DV

• Antioxidants & Anti-inflammatory compounds: From ginger, garlic, and colorful veg

