

Broccoli Stir-Fry

Yield: 3/4 cup stir-fry over 1/2 cup rice

Serves: 4 adults

Ingredients

- 1 cup water
- 1 bouillon cube
- 3 cups chopped broccoli
- 1 large chopped onion (1 cup)
- 2 teaspoons cornstarch
- 2 teaspoons hot mustard
- 2 teaspoons duck sauce
- 2 teaspoons soy sauce
- 1/2 teaspoon garlic powder
- 1 tablespoon vegetable oil
- 2 cups cooked rice.

Steps

1. Boil water and add bouillon cube. Stir to dissolve and set aside to cool.
2. **Wash** and chop broccoli.
3. Cut onion in half. Cut ends and **discard**. **Peel onion**. Chop onion.
4. To make sauce: combine 1 tablespoon bouillon water with cornstarch in small cup. Pour cornstarch water back into bouillon water. Stir in hot mustard, duck sauce, soy sauce and garlic powder.
5. Heat oil in frying pan on medium. Add broccoli and onion. Stir-fry 3 to 5 minutes or until broccoli is tender.
6. Add sauce. Stir until mixture boils and thickens.
7. Serve broccoli over rice.
8. **Enjoy!**

Have your child help you do the bold steps.

Adapted from Get Fresh At Your Farmers Market produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

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