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Easy Weeknight Stir-fry

Stir-frying is a quick and easy way to cook vegetables so that they retain their vibrant color and healthful nutrients. This recipe combines cancer-fighting broccoli, protein-rich pork and the nutty crunch of cashews. Broccoli and other cruciferous vegetables contain glucosinolates, compounds that may help decrease inflammation, a risk factor for cancer. Serve over brown rice for a healthy boost of fiber.

Cashew Stir-fry with Broccoli and Pork

- 3 tsp. sesame oil, divided
- 1 large onion, halved and thinly sliced
- 1 medium red bell pepper, sliced in 1/4-inch strips
- 1 medium carrot, thinly sliced crosswise
- 3 cups broccoli florets
- 8 oz. boneless pork loin chops, cut into 1-inch by 1/2-inch strips
- 4 cloves garlic, minced
- 1/4 tsp. red pepper flakes or to taste
- 1/2 cup chopped scallions
- 1 Tbsp. finely minced fresh ginger
- 2 Tbsp. reduced-sodium soy sauce
- 1/2 cup reduced-sodium chicken broth or vegetable broth
- 2 cups cooked brown rice
- 1/2 cup toasted unsalted cashews, chopped (roasted peanuts may be substituted)

In large non-stick skillet or wok heat 1 teaspoon oil over medium-high heat. Add onion, pepper and carrot and sauté for 8 to 10 minutes. Remove vegetables and set aside.

Heat another 1 teaspoon oil over medium-high heat and stir-fry broccoli for 3 to 4 minutes. Remove broccoli and set aside with vegetables.

Heat last teaspoon oil over medium heat and stir-fry pork, garlic and red pepper flakes for 4 to 5 minutes or until pork is no longer pink. Stir in scallions and ginger and sauté for an additional minute. Stir in vegetables. Add soy sauce and broth. Cook 1 to 2 minutes.

Divide rice among four dinner bowls and top each with stir-fry. Sprinkle cashews on top and serve.

Makes 4 servings.

Per serving: 369 calories, 15 g total fat (3 g saturated fat), 41 g carbohydrate, 21 g protein, 4 g dietary fiber, 374 mg sodium.

