



Brown Rice Veggie Stir-Fry

2 tablespoons vegetable broth

2 tablespoons reduced-sodium soy sauce

1 tablespoon olive oil

1 cup sliced zucchini

1 cup shredded cabbage

1/2 cup sliced fresh mushrooms

1/2 cup chopped onion

1 cup cooked brown rice

1/4 cup diced fresh tomato

1/4 cup grated carrot

2 tablespoons slivered almonds

1. In a large skillet or wok, combine the broth, soy sauce and oil.

2. Add the zucchini, cabbage, mushrooms and onion; stir-fry for 4-5 minutes or until crisp-tender.

3. Add the rice, tomato and carrot; stir-fry for 2-3 minutes or until heated through.

4. Sprinkle with almonds.