



Apple-Glazed Stir Fry

- 4 cups sliced **mixed vegetables**
- 1 **apple**, sliced thinly
- 1/2 cup **unsweetened applesauce**
- 1/2 cup **water**
- 1 tsp **ginger** (optional)
- 1 tsp **cajun seasoning** (or favorite seasoning blend)
- 2 Tbl **vinegar**
- 1 Tbl **low-sodium soy sauce**

1. Place a skillet over high heat and add your vegetables. Cook for 5 minutes, stirring frequently.
2. While vegetables are cooking, stir together the remaining ingredients in a bowl.
3. Once vegetables are slightly browned, pour mixture over the vegetables and stir well. Reduce heat to medium-low and cook for another 5-10 minutes.
4. Serve vegetables as a side dish or over rice.

Makes 5 servings

Nutrition Facts

Serving Size 1 Cup
Servings Per Container 5

Amount Per Serving

Calories 140 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **12%**

Sugars 15g

Protein 2g

Vitamin A 110% • Vitamin C 90%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

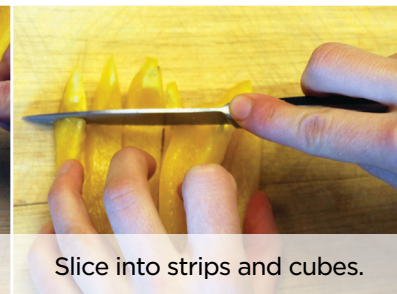
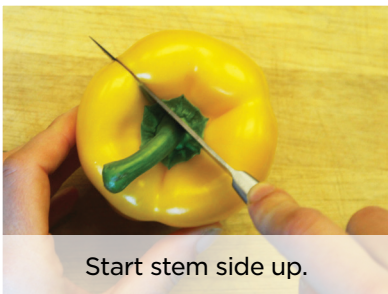
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Reheating Frozen Veggies and Sauce:

1. Add 1 cup of frozen vegetables and two cubes of sauce to a medium saucepan over medium heat.
2. Cook 5-10 minutes or until sauce has coated the vegetables and vegetables are hot.

How to Cut a Pepper



How to freeze stir-fry for a quick future meal

