

Italian-Inspired Stir-Fry

Italian-Inspired Stir-Fry combines broccoli, carrot, bell pepper, and red onion with tangy balsamic vinegar. Top with toasted almonds—or any other toasted nut—for an added crunch. This dish can be served as a side or over a grain such as brown rice or whole wheat pasta.

Serves 4

Serving size: 1¼ cup

Prep time: 15 minutes

Cook time: 10 minutes

Total time: 25 minutes

Ingredients

- 1/4 cup sliced or slivered almonds, toasted
- 2 Tablespoons olive oil
- 1/2 red onion, sliced
- 2 carrots, peeled and thinly sliced
- 1 head broccoli, cut into 1-inch florets
- 1/2 teaspoon red pepper flakes
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 2 garlic cloves, minced
- 1 red bell pepper, sliced into strips and halved to make 1-inch sticks
- 2 Tablespoons balsamic vinegar

Directions

1. Heat a large skillet over medium-high heat.
2. Add almonds to dry skillet. Stir occasionally and toast until golden brown. Watch closely to ensure they do not burn.
3. Remove from pan and set aside.
4. Place pan back over medium-high heat and add oil. Heat for 30 seconds.
5. To the hot pan, add red onion and carrots. May need to increase the heat to high to maintain a stir-fry (the ingredients should continue to “sizzle”). Continuously stir and cook for 3-4 minutes, or until ingredients are slightly tender.
6. Add broccoli, red pepper flakes, dried oregano, salt, and minced garlic to the pan. Continuously stir while cooking for about 3-5 minutes.
7. Add red bell pepper. Continuously stir while cooking for about 4 minutes.
8. Remove from heat and add balsamic vinegar. Stir to combine.
9. Sprinkle with toasted almonds. Serve as a side or over a grain if desired.



Nutrition Facts

4 Servings Per Container

Serving Size

176g

Amount Per Serving

Calories

170

% Daily Value *

Total Fat 12g	15%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrates 16g	6%
Dietary Fiber 5g	17%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.3mg	8%
Potassium 490mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Broccoli, Red Peppers, Carrots, Onions, Balsamic Vinegar, Extra Virgin Olive Oil, Almonds, Garlic Cloves, Kosher Salt, Oregano

Contains: Almond