

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

STIR FRY WITH MUSHROOMS

This wholesome and nourishing dish is a great way to incorporate my favorite medicinal [mushrooms](#) – shiitakes and maitakes - into a main meal! Featuring a colorful array of fresh [vegetables](#), this stir-fry provides [phytonutrients](#), vitamins, minerals and fiber; try to use [organic](#) veggies and chicken or tofu when possible to avoid ingesting pesticide residues, antibiotics or GMOs. Chicken or tofu adds valuable protein, and brown rice contributes fiber and vital minerals like selenium and manganese. Bon appétit! Serves 4

- 2 to 3 Tbsp olive oil
- 2 teaspoons finely chopped [garlic](#)
- 2 teaspoons finely chopped [ginger root](#)
- 2 Tbsp low-sodium soy sauce or tamari
- 1 to 2 lbs chicken breasts, thighs or tenders sliced into 1-inch pieces – or - 12-oz package extra firm [tofu](#), cut into ½-inch cubes
- 2 cups chopped shitake/maitake/reishi mushrooms
- 1 red bell pepper, chopped
- 1 to 2 carrots, peeled and sliced diagonally into thin rounds
- 3 to 4 cups broccoli florets
- 1 cup pea pods
- 2 teaspoons arrowroot powder (or cornstarch)
- ½ cup unsweetened apple juice
- 1 Tbsp honey
- 1 teaspoon instant bouillon dissolved in ¼ cup filtered hot water
- 4 cups cooked brown rice or Miso-Edamame Rice ([recipe on What's Cooking? Miso Soup page](#))

While rice is cooking, soak tofu or chicken in a marinade of soy sauce and 1 teaspoon each chopped ginger and garlic for up to 25 minutes, then remove from marinade and set aside; if using chicken, add 1 Tbsp olive oil to the marinade.

Heat 2 Tbsp olive oil and remaining garlic and ginger in a large saucepan or wok over medium heat for a few minutes, then add the chicken, if using. Sauté on medium-high heat for about 3 to 4 minutes. Add in the mushrooms and veggies, and stir the mixture frequently over the next few minutes until veggies are tender and chicken is cooked through (if using tofu, sauté veggies first for a few minutes, then add tofu). Remove vegetable mixture from pan or wok.

In a small bowl, whisk together remaining soy sauce marinade, arrowroot powder, apple juice, honey, and bouillon-water. Pour this mixture into empty saucepan and cook until bubbly, then add veggie mixture and stir until heated through. Serve over brown rice or Miso-Edamame Rice.