

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

STIR-FRY WITH ASPARAGUS

This wholesome and nourishing dish is a great way to incorporate asparagus into a main meal! A colorful array of fresh vegetables 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](#), respectfully. Chicken or tofu adds valuable protein, and brown rice contributes fiber and vital minerals like selenium and manganese. Bon appétit! Serves 4

- 2 – 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
- ½ [red bell pepper](#), chopped
- 1 to 2 carrots, peeled and sliced diagonally into thin rounds
- 1 bunch asparagus, ends removed and sliced into 1-inch rounds
- 1 cup frozen green peas, thawed
- 2 teaspoons 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](#)

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 all the veggies and stir the mixture frequently over the next few minutes until vegetables are tender, but not mushy and chicken is cooked through. If using tofu, sauté veggies first for a few minutes, then add tofu and cook until veggies are tender. Remove vegetable mixture from pan or wok.

In a small bowl, whisk together remaining soy sauce marinade, cornstarch, 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.