

Broccoli – Red Pepper Stir-fry

Servings: 4

Serving Size: 1 cup

Ingredients:

- 2 teaspoons olive oil
- 2 large garlic cloves, chopped
- 3 cups broccoli
- 2 Tablespoons water
- 1 large onion, sliced
- 1 medium red bell pepper, sliced

Directions:

1. Heat a skillet over high heat, add olive oil and chopped garlic.
2. Add washed and trimmed broccoli, cook until broccoli becomes a bright green color.
3. Turn heat to medium, add water, cover and let steam for 2 minutes.
4. Turn heat to high, add onion and red pepper, cook another 2 to 3 minutes until onion and peppers are tender.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 2g	
Vitamin A 50%	Vitamin C 150%
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	