



Makes 3 cups vegetable mixture
Preparation Time: 25 minutes
Cook Time: 25 minutes

INGREDIENTS:

½ cup low-sodium vegetable broth

2 tablespoons unsalted creamy peanut butter

1 tablespoon lime juice

1 teaspoon arrowroot powder

1 teaspoon pure maple syrup

¼ teaspoon crushed red pepper

1 tablespoon sesame oil (optional, [learn more](#))

2 red, orange, yellow, and/or green bell peppers, cut into strips (2 cups)

1 medium onion, cut into thin wedges (1 cup)

3 cloves garlic, minced

2 cups shredded napa cabbage

1 cup snow pea pods, halved

¼ teaspoon sea salt

Freshly ground black pepper, to taste

2 cups hot cooked brown jasmine rice

1 tablespoon crushed unsalted peanuts

1 lime, cut into wedges

Stir-Fry with Peanut Sauce

Stir-fries should be pretty. This one uses vegetables for variety of color (two colors of peppers), texture (crisp peas and tender cabbage), and shapes (strips, shreds, and wedges). A luscious and easy-to-make homemade peanut sauce makes this vegan stir-fry extra satisfying. Note that this recipe calls for hot cooked brown jasmine rice, so be sure to have that ready to go.

Tips

Optional oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 60 calories, 7 g total fat, and 1 g saturated fat per serving.

By Nancy Macklin, RDN

- 1 For sauce, in a small bowl whisk together the first six ingredients (through crushed red pepper) and ¼ cup water. Mix well.
- 2 For oil-free: In a large wok or extra-large skillet cook and stir bell peppers, onion, and garlic over medium-high 3 to 4 minutes or until crisp-tender, adding water, 1 to 2 tablespoons, at a time, as needed to prevent sticking. *(If using oil: Heat a large wok or extra-large skillet over medium-high. Add sesame oil, then add bell peppers, onion, and garlic and cook for 3 to 4 minutes or until crisp-tender).* Add cabbage and snow peas; cook and stir 1 to 2 minutes or until vegetables are just starting to get tender.
- 3 Stir sauce and add to wok. Mix well; cook and stir 1 to 2 minutes or until sauce is thickened. Add salt and season to taste with black pepper. Serve over rice with crushed peanuts and lime wedges.