



# Your Commissary ... It's Worth the Trip!



THINKING OUTSIDE THE BOX

## Robert's Go-To Stir-Fry

To promote health and wellness, MyPlate recommends that Americans aim to fill half their plates with fruits and vegetables for most meals. One of the barriers being reported in being able to meet this goal is that fresh produce is too expensive. MyPlate does not distinguish between fresh, frozen or canned fruits and vegetables in encouraging Americans to meet this goal. The true intent of the goal is to encourage Americans to eat more fruits and vegetables, in general. Ideally, though, in choosing frozen and canned vegetables, care should be taken to choose no added salt and no added sugar options.

Frozen and canned fruits and vegetables are some of the most nutritious foods in grocery stores and they truly compare nutritionally to fresh produce. In fact, The U.S. Food and Drug Administration (FDA) and the International Food Information Council (IFIC) both confirm that these options provide the same essential nutrients and health benefits as fresh produce. Additional benefits are that these options tend to be more economical than fresh produce, have a longer shelf-life, and do not require time to wash, peel and chop.

A flexible and economic habit to enjoy seasonal produce and assure that vegetables are the main feature at every meal is to combine fresh produce with frozen and or canned vegetables. This will ensure that vegetables make up the majority of your plate. This meal features fresh produce and frozen vegetables that results in a tasty, quick, go-to stir-fry when you are craving Chinese take-out!



### Directions:

Serves: 4

1. Begin cooking instant brown rice according to package directions for 4 servings.
2. While the rice is cooking, cut 1 lb. of raw, boneless, skinless chicken (breast or thighs) into ½" strips and begin cooking in a heated skillet with 2 tbsp. of olive oil over medium high heat.
3. While the chicken is cooking, wash and then cut the Bok Choy into big chunks (discard the stem).
4. While still in their bag, microwave the frozen vegetables (12-16 oz.) for 2 minutes. Use your favorite kind of vegetable, like broccoli, or try a stir-fry blend.
5. Add 2-3 tbsp. of low sodium soy sauce or 2-3 tbsp. of Teriyaki sauce/marinade and 1 cup of almonds to the chicken; add Bok Choy.
6. When the Bok Choy begins to wilt, add the microwaved vegetables; stir, cover and let cook until desired level of tenderness for vegetables. (1 - 2 additional minutes will be just enough to have the same "crunch" as Chinese take-out vegetables.)
7. Serve each plate with ¼th of the rice, topped with ¼th of the chicken/vegetable stir-fry.

### NOTES:

- Vary the flavor the next time by using different proteins like lean beef or pork. Add some drained, canned water chestnuts and/or bamboo shoots.
- Use whole wheat pasta instead of rice.
- Use up leftover cooked meats and make this meal really quickly. Just skip Step 2 and add cooked meat in Step 5.
- Try it with rotisserie chicken.
- Turn things up a notch with some spice heat by using just a tad of Sriracha sauce.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#) OR VISIT [COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM](http://COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM).