



# VEGGIE POWER STIR FRY

YIELD:  
**6**  
SERVINGS

PREP TIME:  
**10**  
MINUTES

COOK TIME:  
**15**  
MINUTES

## DIRECTIONS

1. Heat 1 tbsp of sesame oil in a large skillet over medium heat. Add the chicken to the pan and cook until it is cooked through. Remove the cooked chicken from the skillet and set aside.
2. Prepare the noodles according to the package directions.
3. While the noodles are cooking, add 1 tbsp of sesame oil to the same skillet over medium heat.
4. Stir in vegetables and cover the skillet. Reduce the heat to medium-low and cook for about 6-8 minutes or until soft.
5. In a separate bowl, stir together the teriyaki sauce ingredients.
6. Remove the lid and add the noodles, chicken and sauce to the skillet. Stir well to coat all ingredients.
7. Top with optional chopped peanuts or sesame seeds and enjoy.

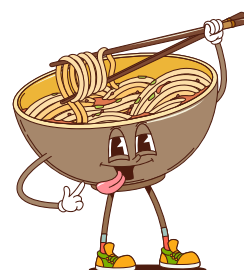
## INGREDIENTS

- 1lb ground chicken, ground turkey, or ground beef
- 12-16 oz stir fry rice noodles
- 2 tbsp sesame oil (divided)
- 14 oz frozen stir fry veggie mix

### Teriyaki Sauce

- ½ cup reduced-sodium soy sauce or liquid amino acids
- ½ cup maple syrup
- 1-inch rated ginger
- 1-2 grated garlic cloves

## NOTES





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## BITE BREAKDOWN

Short on time but need a quick boost? This quick recipe helps you get your protein, carbs, and healthy fats, and sneaks in those all-important veggies! Here's why that's so important:

- **Fuel Your Body:** The carbohydrates in veggies aren't just empty calories! They provide steady energy for your brain to focus in school and for your muscles to power through sports and other activities all day long.
- **Digestive Dream Team:** Veggies are an excellent source of dietary fiber. This incredible component keeps your digestive system running smoothly and promotes regular bowel movements, so you feel comfortable and healthy.



Watch the how-to  
on our YouTube,  
@sanfordfitkids!

## NUTRITION FACTS \*

Serving size: 1/6 of recipe

- Calories: 515kcal
- Carbohydrates: 76g
- Protein: 22g
- Fat: 8g
- Fiber: 2g
- Sugar: 19g



\*These are approximate values, and actual results may vary based on the specific products and portion sizes you use!

## RECIPE RATING

