SHOPPING LIST

Mushroom Stir Fry

- ◯ Soy Sauce
- ◯ Corn Starch
- ◯ Rice Vinegar
- ◯ Sesame Oil
- ◯ Peanut Oil
- ◯ Broccoli
- ◯ Red Bell Pepper
- ◯ Mushrooms
- ◯ Ginger
- ◯ Garlic
- ◯ Bok Choy
- ◯ Snow Peas
- ◯ Scallions
- ◯ Bean Sprouts

First, check off the items you already have at home.

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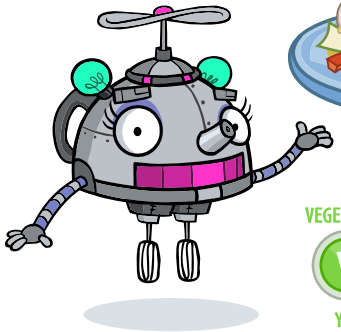
Mixiebot presents

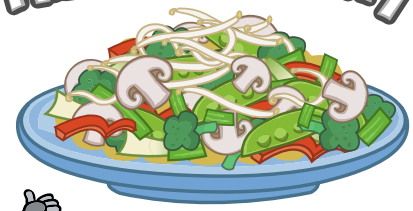
DINNER

PBS KIDS GO!

FIZZY'S LUNCH LAB

Mushroom Stir Fry





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	4
YES	Less than 1 hour	Hard	

YOU WILL NEED

- **1 cup** cold water
- **2 tablespoons** low sodium soy sauce
- **1 tablespoon** corn starch
- **1 tablespoon** rice vinegar
- **½ teaspoon** toasted sesame oil
- **1 tablespoon** peanut oil
- ×4 **4 cups** broccoli florets
- **1** red bell pepper, sliced thin
- ×12 **12** sliced button mushrooms
- **1 tablespoon** chopped fresh ginger root
- **2** garlic cloves, chopped
- **1 small head** coarsely chopped bok choy
- **1 cup** snow peas, trimmed
- **1 bunch** scallions, root and 1 inch of green part trimmed and discarded, remainder cut diagonally into one inch pieces
- **½ cup** bean sprouts

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Be sure all the ingredients are portioned and ready before you start cooking: all the vegetables should be cut and all the seasonings should be measured out in cups. You can add 1 cup of cubed tofu or chicken, or ½ cup of whole almonds or cashews as an option. Serve with steamed rice.

STEP 1: Whisk the water, soy sauce, corn starch, rice vinegar, sesame oil, and chili paste (if using) together in a small bowl, and set aside.

STEP 2: Heat a large nonstick skillet or a wok over high heat. When the pan is hot, carefully add the peanut oil. Add the broccoli, bell pepper, and mushrooms and cook until the broccoli is bright green, 2 – 4 minutes. Push the vegetables aside to make a clearing in the center of the pan. Add the ginger and garlic and cook until just golden, about 1 minute. Stir in the bok choy and snow peas and cook until they are bright green but still retain some of their crunch, about 2 minutes.

STEP 3: Stir the reserved soy sauce mixture to recombine, then pour into the skillet, and bring to a boil. Add the scallions and beans sprouts and cook for one minute longer. Serve immediately.

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Nutrition Facts

Serving Size (318g)
Servings Per Container 4

Amount Per Serving	
Calories 150	Calories from Fat 40
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 22g	7%
Dietary Fiber 7g	28%
Sugars 8g	
Protein 8g	

Vitamin A 80% • Vitamin C 250%
Calcium 15% • Iron 15%

*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		320g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4