

Veggie Frank Indian Stir Fry

Ingredients:

- 1 tsp. extra virgin olive oil
- 1 cup cubed onion
- 2 tsp. cilantro, chopped
- 1 tsp. curry powder
- 1 tsp. ginger & garlic paste
- ½ cup each red and green bell pepper, cubed
- ½ cup mushroom, sliced
- 1 tsp. lemon juice
- 4 cups cooked brown rice
- 1 can veggie-franks, drained, rinsed & sliced diagonally



Nutrition Facts

Serving Size 1 1/2 cup (340g)
Servings Per Container 5

Amount Per Serving

Calories 330 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **14%**

Total Carbohydrate 50g **17%**

 Dietary Fiber 4g **16%**

 Sugars 2g

Protein 28g

Vitamin A 15% • Vitamin C 60%

Calcium 4% • Iron 40%

*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



Directions:

1. Use a flat, non-stick sauce pan & medium heat. Heat oil in the sauce pan. Add onion and stir until caramelized.
2. Add cilantro and stir until incorporated into onions and liquid has evaporated.
3. Add ginger & garlic paste, stirring ingredients until incorporated into previous ingredients.
4. Add curry powder, mushrooms & bell pepper and stir fry for a few minutes.
5. Add veggie-franks. Once the links are golden brown add lemon juice and simmer for a few minutes. Serve on top of cooked brown rice.