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**Prevent and Protect**  
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## **Spicy Stir-Fried Broccoli & Peanuts**

*EatingWell.com*

### Ingredients:

- 1/3 cup creamy natural peanut butter
- 1/2 cup water, divided
- 2 tablespoons brown sugar
- 2 tablespoons reduced-sodium soy sauce, divided
- 1 tablespoon rice vinegar
- 2 tablespoons canola oil
- 1 1/2 pounds broccoli crowns, trimmed and cut into 1-inch pieces
- 1 large red bell pepper, sliced
- 2 cloves garlic, minced
- 1/4 - 1/2 teaspoon crushed red pepper, or to taste
- 1/4 cup chopped unsalted peanuts

- Whisk peanut butter, 1/4 cup water, brown sugar, 1 tablespoon soy sauce and vinegar in a medium bowl until smooth. Set aside.
- Heat oil in a wok or large skillet over medium heat. Add broccoli and cook, stirring frequently, until it begins to soften and browns in spots, about 6 minutes.
- Add the remaining 1/4 cup water and 1 tablespoon soy sauce to the pan along with bell pepper and garlic. Cook, stirring frequently, until the pepper has softened and the liquid has evaporated, 2-4 minutes.
- Remove from heat; stir in the reserved peanut sauce and season with crushed red pepper. Garnish with peanuts.

Yield: 4 servings, about 1 cup each.

**CALORIES 319; FAT 23g; PROTEIN 11g; CARB 22g; FIBER 6g; CHOL 0mg; SODIUM 385mg; POTASSIUM 503mg**