

FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

EGG ROLL STIR FRY

MAKES 4 SERVINGS

INGREDIENTS

- 1 cup uncooked brown rice
- 1 lb lean ground pork
- 1 bag (14 ounce) slaw mix with cabbage and carrots
- 1 medium bell pepper, finely diced
- 2 tablespoons water
- 1/2 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1 tablespoon sesame oil
- 2 tablespoon low sodium soy sauce
- 1/4 cup chopped green onions plus 1-2 tablespoons for garnish

DIRECTIONS

1. Cook rice according to package instructions
2. Cook pork over medium heat then drain in a colander
3. Return pork to pan and add slaw mix, bell pepper and water
4. Cook 5-10 minutes or until slaw is softened
5. Add ground ginger, garlic powder, sesame oil, soy sauce, and green onion
6. Stir well to combine and cook another 5 minutes
7. Stir in cooked brown rice
8. Garnish with remaining green onion

NUTRITION BREAKDOWN

CALORIES	CARBS	PROTEIN	FAT	FIBER
310	30 GRAMS	30 GRAMS	9 GRAMS	5 GRAMS

Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>