



WHATSheATE



## Summer Vegetable Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

### Ingredients



2 cups brown rice cooled cooked



1 garlic clove



3 cups tender herbs mixed divided (such as basil, Thai basil, mint, cilantro, tarragon, and celery leaves)



4 servings kosher salt and pepper black freshly ground



0.5 cup scallions divided thinly sliced



2 tablespoons sesame seed



4 cups summer vegetables mixed chopped (such as bell peppers, eggplant, chiles, zucchini, summer squash, carrots, celery, radishes, and cherry tomatoes)



2 tablespoons unseasoned rice vinegar

☐ 7 tablespoons vegetable oil divided

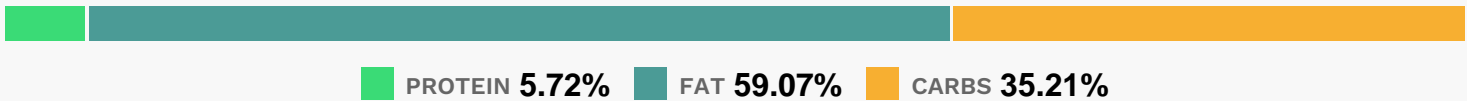
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine 2 cups herbs, 1/4 cup scallions,ginger, and garlic in a mini-processor. Pulse to chop ingredients.
- ☐ Add 4 tablespoons oil, vinegar,and 1/4 cup water and process until a coarse purée forms.
- ☐ Transfer herb sauce to a bowl and stir in sesame seeds. Season to taste with salt and pepper. DO AHEAD: Herb sauce can be made 2 hours ahead. Cover and chill.
- ☐ Heat 1 tablespoon oil in large heavy skillet over medium-high heat until oil just begins to smoke.
- ☐ Add remaining 1/4 cup scallions and wheat berries. Stir-fry until wheat berries are golden brown and slightly crunchy, about 3 minutes. Season with salt and pepper. Divide wheat berries among bowls.
- ☐ Return skillet to medium-high heat and add remaining 2 tablespoons oil.
- ☐ Add vegetables, season with salt and pepper, and stir-fry until brightly colored and crisp-tender, about 4 minutes.
- ☐ Add remaining 1 cup herbs and toss to combine. Divide vegetables over wheat berries.
- ☐ Drizzle with herb sauce.
- ☐ Per serving: 380 calories, 28 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:65.8, Glycemic Load:12.26, Inflammation Score:-9, Nutrition Score:23.499130290488%

Flavonoids

Apigenin: 5.06mg, Apigenin: 5.06mg, Apigenin: 5.06mg, Apigenin: 5.06mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 400.98kcal (20.05%), Fat: 27.09g (41.68%), Saturated Fat: 4.17g (26.07%), Carbohydrates: 36.34g (12.11%), Net Carbohydrates: 29.86g (10.86%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 162.07mg (7.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Vitamin K: 125.98µg (119.98%), Manganese: 1.56mg (77.84%), Vitamin C: 42.06mg (50.98%), Vitamin A: 1650.92IU (33.02%), Potassium: 920.91mg (26.31%), Fiber: 6.48g (25.9%), Folate: 99.07µg (24.77%), Magnesium: 92.81mg (23.2%), Vitamin E: 3.34mg (22.27%), Vitamin B6: 0.44mg (22.16%), Copper: 0.43mg (21.53%), Phosphorus: 190.79mg (19.08%), Vitamin B1: 0.23mg (15.37%), Iron: 2.68mg (14.9%), Calcium: 147.4mg (14.74%), Vitamin B3: 2.91mg (14.55%), Vitamin B5: 1.03mg (10.28%), Vitamin B2: 0.17mg (9.79%), Zinc: 1.41mg (9.42%), Selenium: 3.06µg (4.37%)