



# Garbanzo Bean and Vegetable Stir-fry

Makes 4 servings

## Ingredients

- 2 cups dry brown rice
- 2 tablespoons canola oil
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh basil
- 2 cloves garlic, minced
- ¼ teaspoon freshly ground black pepper
- ½ cup diced onion
- 2 cups sliced mushrooms
- 1 15-ounce can garbanzo beans, drained and rinsed
- 1 large zucchini, cut in half length-wise and sliced

## Directions

1. Prepare rice according to package directions.
2. While rice is cooking: In a large pan, heat oil over medium heat. Stir in oregano, basil, garlic, black pepper and onion. Cook for 1 to 2 minutes.
3. Add mushrooms and beans. Stir. Cook for 3 to 5 minutes.
4. Add zucchini. Stir. Cook for 3 to 5 minutes.
5. Enjoy warm over rice.



MAIN DISH



## TIP

Add even more nutrition and color to this dish with tomatoes! After adding in and cooking the zucchini (step 4), add 1 cup chopped tomato, cover and allow to steam for 1 to 3 minutes — just enough for the tomatoes to warm (before getting mushy).\*

\*Option not included in nutrition facts.

♥ = heart smart    ✕ = low sodium    GF = gluten free

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## Nutrition Facts

Serving Size 1/2 cup rice topped with 3/4 cup stir-fry (350g)  
Servings Per Container 4

Amount Per Serving

Calories 300    Calories from Fat 90

% Daily Value\*

Total Fat 10g    15%

Saturated Fat 1g    5%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 150mg    6%

Total Carbohydrate 44g    15%

Dietary Fiber 8g    32%

Sugars 6g

Protein 10g

Vitamin A 6%    •    Vitamin C 30%

Calcium 8%    •    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	60g
Saturated Fat	Less than 25g	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

Carb choices per serving: 2 ½