

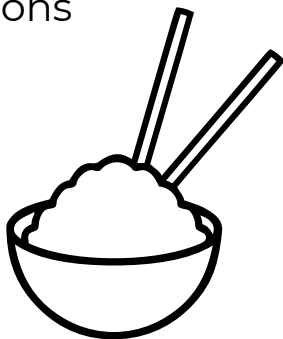


Wishing Well Works
CORPORATE WELLNESS

Peanut Butter Stir Fry

Ingredients:

- 1 cup cooked rice
- 3 cloves garlic, minced
- 2 eggs
- 3 cups cabbage
- 1 cup shredded carrots
- 1/2 cup sliced onions
- 1/2 cup green onions
- 1/2 cup cilantro
- 3 Tbsp soy sauce
- 1 tsp sugar
- 1 tsp vinegar
- 2-3 Tbsp oil



Optional:

- 6-10 oz raw chicken or shrimp
- 1/4 cup chopped peanuts

Calories	348.4
Total Fat	10.7 g
Saturated Fat	1.9 g
Polyunsaturated Fat	2.9 g
Monounsaturated Fat	5.1 g
Cholesterol	74.4 mg
Sodium	196.7 mg
Potassium	417.3 mg
Total Carbohydrate	53.1 g
Dietary Fiber	4.4 g
Sugars	8.7 g
Protein	11.1 g

Directions:

- Heat oil in frying pan or wok and lightly scramble eggs. Do not overcook and remove from pan onto a plate. Cook chicken or shrimp until heated through but not overcooked. Remove from pan. Heat more oil in pan and cook onions, cabbage and carrots and until soft. Remove from pan.
- Heat remaining oil and fry rice until toasty. Add garlic, peanut butter, soy, sugar and vinegar to pan and melt peanut butter. Add eggs, meat and vegetables and stir until coated with sauce. Serve with green onions, cilantro and chopped peanuts on top.