Sweet and Spicy Stir-Fry

SERVES 4

**Ingredients**

1 tablespoon canola oil

½ fresh pineapple, peeled and sliced, or 1 can (20 ounces) diced pineapple

2 medium carrots, sliced on the diagonal

½ cup broccoli florets

1 red bell pepper, seeded and sliced into thin rings

4 cloves garlic, minced

2 teaspoons grated fresh ginger

2 cups cooked brown rice

1 can (15 ounces) chickpeas, rinsed and drained

3 scallions, thinly sliced

3 tablespoons reduced-sodium soy sauce

1 tablespoon chili-garlic sauce (optional)

½ cup coarsely chopped fresh parsley leaves

1 orange, separated into sections
Directions

1. In a medium sauté pan over moderate heat, warm 2 teaspoons of the canola oil. Add the pineapple slices and cook until golden and softened, about 3 minutes. Transfer the pineapple to a plate and set aside. Do not clean the pan.

2. In the same pan, warm the remaining 1 teaspoon of oil. Add the carrots and cook for 3 minutes. Add the broccoli, red bell pepper, garlic and ginger and sauté, stirring occasionally, until the vegetables are tender and brown, 3 to 4 minutes.

3. Add the cooked brown rice, chickpeas, scallions, soy sauce and chili-garlic sauce, if using. Stir and continue cooking for 4 more minutes. Add the parsley and the reserved pineapple and stir to combine.

4. Serve the stir-fry with orange wedges to squeeze juice on top.

Source: What’s Cooking — USDA Mixing Bowl

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