

Sardine & Veggie Stir-Fry

Makes
3 servings

Prep time
10 minutes

Cook time
10 minutes

- Ingredients:**
- 1 Tbsp. olive or vegetable oil
 - 2 cloves garlic, minced
 - ½ yellow onion, chopped
 - ½ Tbsp. low-sodium soy sauce
 - 1 5.5 oz. can of sardines in tomato sauce
 - 1 bunch bokchoy (petsai), sliced, or other leafy green of your choice

Nutrition Facts

3 servings per container
Serving size 1 cup (139g)

Amount per serving
Calories **160**

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 320mg	14%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 2mcg	10%
Calcium 174mg	15%
Iron 1mg	6%
Potassium 354mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Heat oil in a large skillet over medium heat. Sauté garlic and onion until fragrant, about 2-3 minutes.
2. Lower heat. Add soy sauce and sardines with tomato sauce, and bring to a simmer.
3. Add leafy greens. Stir occasionally until greens are tender, about 3-5 minutes.
4. Serve hot over a bed of brown rice and enjoy.

