**Wednesday, Sweet n Sour Stir Fry**

**Produce**

garlic (if needed)

1 yellow onion

2 bunches chopped baby bok choy

1 red bell pepper

1 green bell pepper

**Canned/Dried Foods**

brown rice *(if needed)*

one - 6 fl. oz. can pineapple juice

one 6 oz. can sliced, peeled water chestnuts

one 6 oz. can pineapple chunks

one 32 oz. box low-sodium vegetable broth

sesame oil (if needed)

canola oil (if needed)

low-sodium soy sauce or tamari (if needed)

rice wine vinegar (if needed)

Asian pepper sauce (if needed)granulated sugar(if needed)

white wine to cook with *(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

one - 7 oz. - package Asian style baked tofu