**Broccoli Spicy-Ginger Stir Fry**

**Produce**

garlic(if needed)

yellow onion (if needed)

1 bunch cilantro *(if needed)*

1 bunch green onions

14 oz. broccoli

6 oz. white or crimini mushrooms

red bell pepper (if needed)

fresh ginger root *(if needed)*

2 purple plums

**Canned/Dried Foods**

brown rice (if needed)

one 6 oz. can sliced, peeled water chestnuts

sesame oil *(if needed)*

low-sodium vegetable broth (if needed)

low-sodium soy sauce or tamari(if needed)

Asian garlic pepper sauce(if needed)

honey *(if needed)*

cornstarch(if needed)

coconut extract *(if needed)*

white wine to cook with

**Frozen Foods**  
**Meat/Fish/Poultry**

**Chilled Foods/Dairy**  
  
Nonfat milk *(if needed)*orange juice *(if needed)*  
One 7 oz. package Asian-style baked tofu