

Peanut Butter



About Peanut Butter (PB)

- Peanut butter is a great source of protein with 7 grams of protein per serving (about 2 tablespoons).
- Peanut butter is a good source of Vitamin E and B vitamins
- Vitamin E helps the body the body fight disease and helps to widen blood vessels.

Storing

- Peanut butter can be kept in the pantry unopened for 6-9 months and is good for 2-3 months after opening, if it is shelf stable.
- **WIC Tip:** Spread PB on fruits and veggies for a quick snack!

This institution is an equal opportunity provider

Vegetable Stir-Fry with Chicken or Tofu

Serving Size: 4

Recipe Courtesy of Texas WIC

INGREDIENTS

- 1 cup brown rice, uncooked
- 1 tablespoon vegetable oil
- 1 pound chicken (or extra firm tofu), cut into cubes
- 3 cups mixed vegetables, cut into bite sized pieces (such as 1 cup broccoli, 1 cup bell peppers, 1/2 cup mushrooms, and 1/2 cup green onions)
- 1/4 cup peanuts, chopped (optional)

INSTRUCTIONS

1. Prepare rice according to package directions.
2. Prepare the peanut sauce: Place peanut butter, soy sauce, brown sugar, lime juice, garlic, ginger, and water in a microwave safe bowl. Cover, microwave 30 to 60 seconds, and then whisk until combined.
3. In a large skillet, heat oil at medium heat.
4. Add chicken or tofu and sauté until golden (about 6 to 8 minutes for chicken, 10-12 minutes for tofu).
5. Add vegetables to pan and sauté an additional 3 to 4 minutes.
6. Add peanut sauce, stir, and cook for another 3 to 4 minutes.
7. Serve over prepared rice and top with chopped peanuts.

PEANUT SAUCE

- 2 tablespoons creamy peanut butter
- 1 1/2 tablespoons low-sodium soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon fresh lime juice
- 1 teaspoon fresh garlic and/or ginger, minced
- 1/4 cup water

Makes 1/2 cup peanut sauce

