

Orange Stir Fry Sauce

Yield: enough sauce for 1 lb meat or tofu and 4-6 cups vegetables

Ingredients	Measure		Nutrition per Serving	
	Amount	Unit		
Grated orange zest	1	tsp	Calories	15
Fresh orange juice	4	oz (½ cup)	Total Fat g	0
Low-sodium soy sauce	1	tsp	Saturated Fat g	0
Cornstarch	½	oz (1 Tbsp)	Cholesterol mg	0
Sugar	2	tsp	Sodium mg	40
Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix	1	tsp	Carbohydrate g	4
Ground ginger	¼	tsp	Fiber g	0
			Sugar g	2
			Protein g	0

Preparation

In small bowl, whisk together all ingredients. Add to stir-fry during last 5 to 8 minutes of cooking time. Cook and stir until sauce is thickened.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix	6 – 16 oz	35 gal	K9208