

# BROCCOLI AND CARROT STIR-FRY

easy | RECIPE

From Personal Best®

- 1 tbsp **olive oil**
- 1 clove **garlic**, minced
- 2 cups **broccoli florets**
- 2 cups sliced **carrots**
- 2 tsp **balsamic vinegar**
- ¼ tsp **salt**
- ⅛ tsp **pepper**
- ¼ cup **pecan halves**
- 2 tbsp **dried cranberries**

**In** a skillet over medium heat, add oil and garlic.

**Cook** 2 minutes.

**Add** broccoli and carrots. **Stir-fry** about 8 minutes until tender-crisp, adding water (by the teaspoon) if pan gets too

dry. **Transfer** to a serving bowl. **Toss** with vinegar, salt, pepper, pecans and cranberries. **Serve.**



**Makes 4 servings. Per serving:**

129 calories | 3g protein | 9g total fat | 1g saturated fat | 5g mono fat  
3g poly fat | 13g carbohydrate | 6g sugar | 4g fiber | 202mg sodium