**Broccoli Cashew Stir Fry**

**Produce**

garlic (if needed)

yellow onion(if needed)

red bell pepper (if needed)

10 oz. broccoli

4 oz. cremini or white mushrooms

1 Roma tomato

5 oz. fresh chopped pineapple

 6 oz. roasted cashews

**Canned/Dried Foods**

brown rice (if needed)

one 6 oz. can sliced water chestnuts

one 6 oz. can pineapple chunks *(if no fresh available)*

low-sodium vegetable broth (if needed)

sesame oil (if needed)

low-sodium soy sauce  or tamari (if needed)

rice wine vinegar (if needed)

dried basil leaves (if needed)

cornstarch (if needed)

**Frozen Foods**

**chickenless tenders *(if meatless)***

**Meat/Fish/Poultry

1 boneless, skinless chicken breast *(if eating meat)***

**Chilled Foods/Dairy**