Spicy Stir-Fried Broccoli and Peanuts
Recipe courtesy of Sheri Castle

1/3 cup creamy peanut butter
2 tablespoons grated fresh ginger
2 tablespoons brown sugar
1 tablespoon rice vinegar
1/2 cup water, divided
2 tablespoons reduced-sodium soy sauce, divided
2 tablespoons canola oil
1 1/2 pounds broccoli crowns, trimmed and cut into 1-inch pieces
1 large red bell pepper, sliced
2 cloves garlic, minced
1/2 teaspoon crushed red pepper flakes, or to taste
1/4 cup chopped unsalted peanuts

1. Whisk together the peanut butter, ginger, brown sugar, vinegar, 1/4 of cup of water, and 1 tablespoon of the soy sauce and in a medium bowl.
2. Heat the oil in a wok or large skillet over high heat. Add broccoli and cook, stirring frequently, until beginning to soften and brown in spots, about 6 minutes.
3. Add the bell pepper and garlic to the pan. Pour in the remaining 1/4 cup of water and 1 tablespoon of soy sauce.
4. Cook, stirring frequently, until the pepper softens and the liquid evaporates, 2 to 4 minutes.
5. Remove the pan from the heat. Stir in the peanut sauce and season with crushed red pepper. Garnish with peanuts. Serve hot.

Notes:
• You can replace some of the broccoli with other vegetables that would work well in a stir fry, such as sugar snaps or snow peas.
• You can add protein to this to make it a complete meal. Precooked chicken or cubes of firm marinated tofu are good choices.