**Broccoli & Bok Choy Stir-Fry**

- 1¼ tablespoons peanut, olive, or vegetable oil
- 2 red bell peppers, cut into matchsticks
- 2 green bell peppers, cut into matchsticks
- 2 bunches of green onions, chopped
- 2 cup broccoli florets
- 2 two-inch pieces of ginger, grated
- Pinch of salt and pepper
- 2 pound bok choy, shredded
- 4 tablespoons sherry wine or orange juice
- 2 tablespoons low-sodium soy sauce

1. Heat oil in a wok or deep skillet. Stir-fry peppers, green onions, broccoli, ginger, salt and pepper until broccoli softens slightly (about 3-4 min.).
2. Add bok choy and sherry or orange juice. Cook for 2 minutes.
3. Sprinkle with soy sauce and serve.

**Makes: 4 servings**

**Nutrition Information:**
- CALORIES 160 (28% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 24g; FIBER 8g; PROTEIN 8g; CALCIUM 35%; IRON 30%

**Grapes & Barley Salad**

- 1¼ tablespoons olive or vegetable oil
- 2 tablespoons lemon juice
- 1 tablespoon orange juice
- 2 cups cooked barley
- 1½ cups seedless grapes
- ½ cup sliced celery
- ¼ cup sliced green onion
- Pinch of salt and pepper

1. In a mixing bowl, whisk together oil, lemon and orange juices.
2. Add barley, grapes, celery and onions to the bowl, tossing to coat.
3. Season with salt and pepper; chill until serving time.

**Makes: 4 servings**

**Nutrition Information:**
- CALORIES 180 (22% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 75mg; CARBOHYDRATE 34g; FIBER 4g; PROTEIN 2g; CALCIUM 2%; IRON 8%