**Baby Bok Choy and Cashew Stir Fry**

**Produce**

garlic (if needed)

sweet onion (if needed)

1 small package fresh basil

2-3 bunches baby bok choy (16 oz.)

red bell pepper (if needed)

6 oz. white mushrooms

ginger root *(if needed)*  
  
1 orange

3 oz. cashews

**Canned/Dried Foods**

brown rice (if needed)

one 6 oz. can sliced water chestnuts

low-sodium vegetable broth (if needed)

sesame oil (if needed)

low-sodium soy sauce (if needed)

rice wine vinegar (if needed)

Asian garlic pepper sauce(if needed)

cornstarch (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

One 7 oz. package Asian-style baked tofu *(if no marinated tofu at home)*