

SUPER STIR-FRY

Makes 2 servings
Serving Size: 1 cup



Choose 5 vegetables (1/2 cup of each)

- Onion
- Carrots
- Squash
- Broccoli
- Peppers
- Zucchini
- Celery
- Mushrooms
- Cauliflower

Choose 1 sauce (about 1/4 cup)

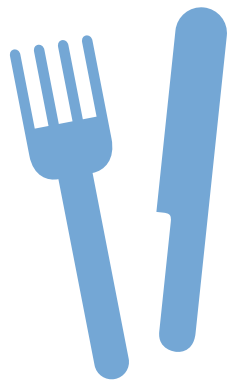
- Lite/Low-Sodium Soy Sauce
- Teriyaki Marinade
- Bottled Stir Fry Sauce

Choose 1 starch 1 cup per person (cooked according to package directions)

- Brown rice
- Whole-wheat spaghetti noodles

Directions

1. Wash and chop selected vegetables into small evenly sized pieces. You may cut them into circles, strips or cubes as desired. A variety of shapes will make the stir-fry more pleasing to the eye.
2. Make stir-fry sauce (recipe below). Set aside.
3. Heat a small amount (1 tablespoon or less) of vegetable oil over high heat in 10-inch frying pan, electric skillet or wok.
4. Keeping the heat high, add vegetables to the pan in order of firmness—harder foods first and ending with the softest foods.
5. Toss vegetables to keep from sticking until they are cooked. When stir-frying, vegetables should still be crisp and retain their bright color.
6. Add sauce to taste (about 1/4 cup). Stir-fry until all vegetables are thoroughly coated.
7. Serve with starch of choice.



Eat Smart

Nutrition information Per Serving

270 calories	
Total Fat	.5 g
Saturated Fat	0 g
Protein	6 g
Total Carbohydrate	9 g
Dietary Fiber	2 g
Sodium	560 mg



Excellent Source of Vitamin A



Excellent Source of Vitamin C

Recipe was analyzed using onions, green pepper, broccoli, celery, carrots and low sodium soy sauce. Nutritional information will vary with other vegetable combinations. Analysis does not include rice or noodles.



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