



## Super Stir-Fry

### INGREDIENTS:

Choose 5 vegetables (½ each)

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

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

Brown Rice – White Rice – Rice Noodles  
– Whole-Wheat Spaghetti Noodles

**Source:** *Cooking with Extension* | **Yield:** 6-8 servings. Recipe was analyzed using onions, red pepper, broccoli, celery, carrots, stir-fry sauce, and brown rice. Nutritional information will vary with other combinations; 280 Calories per serving. Total fat 2g; Protein 7g; Total carbohydrate 58g; Dietary fiber 7g, Sodium 65mg

### DIRECTIONS:

1. Wash & 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 recipe (recipe included).
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 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 ¼ cup). Stir-fry until all vegetables are thoroughly coated.
7. Serve with starch of choice. **NOTE:** Using brown rice instead of white rice is a great way to add whole grain to your meal.