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Super Stir-Fry

INGREDIENTS:

Choose 5 vegetables (1/2 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:

- 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).
- 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). Stirfry until all vegetables are thoroughly coated.
- Serve with starch of choice. NOTE: Using brown rice instead of white rice is a great way to add whole grain to your meal.

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