

STEP-BY-STEP STIR FRY



Stir fry is a great way to get more veggies! Choose your ingredients and follow your directions for a meal for 4.

VEGETABLES

2-3 cups total, any combo, fresh or frozen

- ☐ Bell pepper, carrot, celery, mushroom, or onions, sliced
- ☐ Snow peas, sugar snap peas, or green beans, trimmed
- ☐ Broccoli or cauliflower florets
- ☐ Zucchini or yellow squash, sliced

Canned, no salt added, drained & rinsed

- ☐ Mixed vegetables: corn, carrots, green beans
- ☐ Green beans
- ☐ Peas

PROTEIN

14 to 16 oz (1 pound)

Cut into bite-sized pieces

- ☐ Boneless skinless chicken
- ☐ Sirloin or flank steak
- ☐ Pork tenderloin or boneless loin chops
- ☐ Canned chicken or tuna in water, drained
- ☐ Canned beans, drained and rinsed
- ☐ Extra-firm tofu, drained and cut into 1-inch cubes
- ☐ Frozen edamame (soy beans), thawed and drained

FLAVORINGS

- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon minced ginger or 1/2 teaspoon ground ginger

SAUCES

See recipes on back

- ☐ Peanut sauce
- ☐ Spicy soy sauce
- ☐ Lemon stir fry sauce

GRAINS

1 cup dry

- ☐ White or brown rice
- ☐ Whole grain couscous
- ☐ Instant barley
- ☐ Noodles or whole grain pasta

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INSTRUCTIONS

If using meat or poultry as your protein:

1. COOK GRAINS



Cook grains following package directions. While grains cook, make stir-fry.

2. COOK PROTEIN



In a large skillet over medium-high heat, heat 1 tablespoon canola oil. Add meat or poultry. Stir occasionally until just cooked through, about 4–6 minutes. Transfer to a plate.

3. ADD VEGGIES



Add veggies to skillet. Start with harder veggies first (e.g., green beans, onion, carrots, broccoli, cauliflower). As they begin to soften, add softer veggies (e.g., zucchini, yellow squash) and keep cooking. Total cooking time may be about 10 minutes.

4. ADD SEASONING



If using garlic and/or ginger, add to skillet when all veggies are soft. Stir until fragrant, about 15 seconds.

5. ADD SAUCE



If using peanut sauce, remove pan from heat and stir in sauce. If using Spicy Soy Sauce, Lemon Stir-Fry Sauce, add to pan and bring to a boil. Cook until thickened, about 1–2 minutes.

6. ADD BACK PROTEIN



Drain and rinse beans. They are ready to cook using any method you like.

If using tofu or edamame as your protein:

Follow directions above, omitting step 2. Add tofu or edamame in step 3, during the last 3–5 minutes of vegetable cooking time. Heat through.

STIR FRY SAUCE RECIPES

Peanut Sauce

In a small bowl, stir together 1/4 cup peanut butter, 1/3 cup warm water, 1/4 cup low-sodium soy sauce, 2 tablespoons cider vinegar, and 4 teaspoons sugar.

Spicy Soy Sauce

In a small bowl, stir together 1/4 cup low-sodium soy sauce, 1 tablespoon brown sugar, 1 tablespoon cornstarch, 1 teaspoon minced jalapeño, and 1/2 teaspoon ground ginger.

Lemon Stir-Fry Sauce

In a small bowl, stir together 3 tablespoons lemon juice, 3 tablespoons low-sodium soy sauce, and 2 teaspoons cornstarch.

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