

# Step-by-Step Stir-Fry

Want a quick and healthy weeknight meal?  
Try a stir-fry!

Stir-fries are a great way to use up veggies that may soon go bad. Choose ingredients and follow the directions below to make a tasty meal for four.

<b>Veggies</b> (2-3 cups total, any combo)	+	<b>Protein</b>	+	<b>Optional Flavoring</b> (1 Tablespoon)	+	<b>Sauce</b> (1 recipe batch, see page 79)	+	<b>Grain</b> (1 cup dry)
Bell pepper, sliced		Boneless, skinless chicken breasts or thighs, trimmed and cut into bite-size pieces (1 pound)		Minced garlic		Peanut Sauce		Brown rice
Carrots or celery, sliced		Sirloin or flank steak, trimmed and cut into bite-size pieces (1 pound)		Minced ginger (or ½ teaspoon ground ginger)		Spicy Soy Sauce		Whole grain couscous
Snow peas, sugar snap peas, or green beans, trimmed		Pork tenderloin or boneless loin chops, trimmed and cut into bite-size pieces (1 pound)				Lemon Stir-Fry Sauce		Instant barley
Broccoli or cauliflower florets		Extra-firm tofu, drained and cut into 1-inch cubes (14-ounce package)						Rice noodles or whole grain pasta
Mushrooms or onion, sliced		Frozen edamame (soy beans), thawed and drained (2 cups)						
Zucchini or yellow squash, sliced								
Cabbage, thinly sliced								
Canned water chestnuts, rinsed and drained								



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## Try these sauces!

### Peanut Sauce

In a small bowl, stir together  $\frac{1}{4}$  cup peanut butter,  $\frac{1}{3}$  cup warm water,  $\frac{1}{4}$  cup low-sodium soy sauce, 2 Tablespoons cider vinegar, and 1 Tablespoon sugar.

### Spicy Soy Sauce

In a small bowl, stir together  $\frac{1}{4}$  cup low-sodium soy sauce, 1 Tablespoon brown sugar, 1 Tablespoon cornstarch, 1 teaspoon minced jalapeno, and  $\frac{1}{2}$  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.

## Directions

### If using meat or poultry as your protein:

1. Cook grains following package directions. While grains cook, make stir-fry.
2. 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 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. If using garlic and/or ginger, add to skillet when all veggies are soft. Stir until fragrant, about 15 seconds.
5. If using peanut sauce or other thick sauce, remove pan from heat and stir in sauce. If using Spicy Soy Sauce, Lemon Stir-Fry Sauce, or other thin sauce, add to pan and bring to a boil. Cook until thickened, about 1–2 minutes.
6. Stir cooked meat or poultry into veggie mixture. Serve stir-fry over cooked grains.

### 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.

