

Create a Stir Fry

Create a delicious stir fry dish from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each stir fry serves four adults.

1	Prepare one protein									
	<ul style="list-style-type: none"> • 1-2 cups cooked beans or lentils • 1 package firm tofu cut into ½ inch cubes • 1 pound raw chicken, beef, or pork cut into bite-sized pieces 									
2	Marinate protein									
	<ul style="list-style-type: none"> • 1 tablespoon soy sauce + 1 tablespoon water, chicken broth or apple juice 									
3	Prepare produce									
	<ul style="list-style-type: none"> • 1 onion, cut in wedges + 1 – 2 cloves garlic, minced + 1 tablespoon grated ginger + • 2 cups fresh vegetables from choices below: <table border="0" style="width: 100%; margin-left: 20px;"> <tr> <td>• Carrots</td> <td>• Celery</td> <td>• Bean sprouts</td> </tr> <tr> <td>• Cabbage</td> <td>• Green pepper</td> <td>• Zucchini</td> </tr> <tr> <td>• Mushrooms</td> <td>• Red pepper</td> <td>• Yellow squash</td> </tr> </table> 	• Carrots	• Celery	• Bean sprouts	• Cabbage	• Green pepper	• Zucchini	• Mushrooms	• Red pepper	• Yellow squash
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4	Warm skillet on very low heat									
5	Make a sauce of glaze									
	<ul style="list-style-type: none"> • Sauce: ¼ cup vegetable or chicken broth, ¼ cup soy sauce, 1-2 teaspoons sugar, 2-4 teaspoons vinegar. • Glaze: 2 teaspoons cornstarch, 2 tablespoons water, broth or apple juice. 									
6	Turn heat under skillet to medium-high									
	<ul style="list-style-type: none"> • Make sure all ingredients are close at hand. 									

Directions

Add 2-4 tablespoons water or broth to pan. When hot, add half of protein. Stir fry until well browned and cooked through, about 2-3 minutes. Transfer to clean bowl, add more water, and stir fry remaining protein the same way. Transfer to bowl. Cooking the protein in batches helps to keep pan hot.

Add more water to pan. Add onion and stir fry until browned but still crisp, about 1 minute. Add garlic and ginger; stir. Add half of vegetables and stir a few minutes, then add remaining vegetables. Stir fry until vegetables are tender-crisp. Do not overcook vegetables.

Return protein to pan and stir in sauce until everything is well coated. Add glaze and stir until sauces in pan are glossy.

Serve immediately with noodles or rice.

Stir Fry Recipes

A pantry that is stocked with whole foods will help you create great tasting stir fries like these!

FLAVORFUL VEGGIE STIR FRY

- 1 (16 oz.) package extra firm tofu
- 1 tablespoon sugar
- 5 tablespoons soy sauce, divided
- ¼ cup apple juice or vegetable broth
- 3 cups broccoli florets, cut in bite-sized pieces
- 2 medium carrots, thinly sliced
- 1 (6 oz.) package frozen pea pods, thawed
- 2 tablespoons chopped onion
- 1 (8 oz.) can sliced water chestnuts, un-drained
- 2 tablespoons cornstarch
- Hot cooked rice, spaghetti noodles, or soba noodles

Cut tofu into 1-inch cubes and place on baking sheet. In a bowl, combine sugar, 3 tablespoons soy sauce, and apple juice or water until smooth. Pour over tofu and set aside. In a large skillet over medium-high heat, stir fry broccoli, carrots, pea pods, and onion in 1 tablespoon water or broth for 1 minute. Stir in water chestnuts. Cover and simmer for 4 minutes; remove from pan and keep warm. In the same skillet, stir fry tofu until outside is crispy. Return vegetables to pan. Combine 2 tablespoons soy sauce and cornstarch. Mix well and pour over vegetables. Stir fry until glossy. Serve over rice or noodles.

Yield: 4 servings

TERIYAKI CHICKEN

- 2-3 chicken breasts
- ½ cup soy sauce
- ½ teaspoon ground ginger
- 1 clove garlic, minced
- ½ cup water
- 2 tablespoons sugar
- 1 large onion, chopped
- 1-2 green peppers chopped
- 1 cup sliced mushrooms
- 2 tablespoons cornstarch
- 2 tablespoons water

Cut chicken into 1-inch cubes. Combine soy sauce, ginger, garlic, ½ cup water, and sugar in small bowl. Add chicken and soak 30–60 minutes. Over medium-high heat, stir fry chicken in water or broth until done. Remove from pan and keep warm. Add vegetables to pan and stir fry until crisp tender. Add chicken back into pan. Combine cornstarch and water; add to pan and cook until thick. Serve with hot brown rice.

Yield: 4-6 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

