

Create Your Own Stir-Fry

PROTEIN

- Prepare one pound of any of these:
- Lean beef, cubes or strips
- Lean pork, cubes or strips
- Skinless chicken meat, cubes or strips
- Shelled shrimp or clams
- Fish fillets, fresh or frozen
- Tofu chunks

MAIN VEGETABLES

Prepare 3 cups (chopped or diced) of any of these:

- Asparagus*
- Bean Sprouts
- Bell pepper
- Broccoli*
- Carrots*
- Cauliflower*
- Celery
- Eggplant
- Green onions
- Green or yellow beans
- Mushrooms
- Onions
- Potatoes*
- Snow Peas
- Summer squash
- Zucchini

*steam for 3-5 minutes

SEASONING SAUCE

Choose and prepare one of these:

Sauce 1:

- 1/2 cup honey
- 1/2 cup vinegar
- 1/2 cup orange juice
- 6 T soy sauce
- 2 T cornstarch

Sauce 2:

- 1/4 c peanut butter
- 2 T orange juice
- 1 tsp vinegar
- 1 tsp brown sugar
- Red pepper flakes to taste

Sauce 3:

- 1/2 c water
- 2 T soy sauce
- 2T lemon juice
- 1 tsp grated lemon rind (optional)
- 1 T cornstarch

Stir-Fry Steps

INSTRUCTIONS:

1. Warm a wok or large, heavy skillet over high heat until a drop of water evaporates on contact. Pour 2 tsp on canola oil in a stream around the edge of the pan.
2. Add 2 to 4 medium minced garlic cloves to the wok or skillet. Cook and stir often until fragrant (about 10 seconds).
3. Add protein food. Stir-fry 3 to 5 minutes. Once cooked, transfer to a plate and set aside. Add 1 to 2 T additional oil if necessary.
4. Add about half of the main vegetables. Stir-fry 2 to 3 minutes, stirring constantly, until vegetables are crisp-tender. Transfer to the plate with the protein. Stir-fry remaining the vegetables. Remove from wok or skillet. Note: Add 1 T water if vegetables stick to pan.
5. Add all sauce ingredients to the wok or skillet. Stir constantly until the sauce bubbles and thickens Add all cooked protein and vegetables back into wok or skillet. Toss well to coat with sauce. Cover and steam 3 to 5 minutes until hot. Serve with brown rice or whole-grain noodles.

For freezer preparation: The protein, vegetables, and sauce can be prepared in advance and frozen, in separate containers or all together. When cooking, there is no need to thaw, but you will need to increase cooking time to ensure all ingredients are cooked. Prepare several batches for ready-to-cook homemade meals that you can prepare in no time.