

# Stir Fry Vegetables

Stir frying is a fast and fresh way to cook. Stir frying cooks food quickly so vegetables keep their color and texture remaining crisp and bright!

You can add just about any vegetable into a stir fry including broccoli, cauliflower, peppers, snow peas, and mushrooms



**What it is:** A diverse group of vegetables that can easily be mixed together to form a delicious, nutrient dense meal

**Season:** Broccoli and cauliflower peak season is fall (September-November). Peppers, snow peas, and mushrooms are considered year round vegetables.

**Health Benefits:** These vegetables provide a wide range of nutrients including vitamins A, C, B6, folate, and potassium. They are also rich in fiber. Mushrooms are a great source of vitamin D.

**How to Purchase:** Can purchase all of these vegetables fresh and frozen. There are many frozen stir fry vegetable blends.

**Storage:** Refrigerator crisper drawer or shelf.

**Preparation:** Cut vegetables into the same size so that they cook evenly. High moisture vegetables like zucchini, spinach, and peppers can be cooked quickly at high heat whereas low moisture vegetables require more cooking time. It is recommended to blanch the low moisture vegetables before stir frying to prevent burning.

# Stir Fry Vegetables



mushrooms

Keep moving vegetables during stir frying to prevent them from burning



peppers

Since stir frying is quick and at a high heat it helps retain the vegetables nutrients and crispness



sugar snap peas

Make sure vegetables are thoroughly drained before stir frying – wet vegetables can ruin a stir fry

## Stir Fry Vegetable Recipe

Serves: 6

### Ingredients

- ¾ tbsp oil
- ¾ medium onion, sliced thin
- ¾ cup sliced carrots
- 1 cup broccoli florets
- 1 cup sugar snap peas
- ¾ red bell pepper, cut into strips
- ¾ tbsp reduced sodium soy sauce
- ¾ tsp garlic powder
- ¾ tsp ground ginger
- 1 tsp toasted sesame seed

### Directions

1. Heat oil in wok or large deep skillet on medium high heat. Add onions and carrots; stir fry 2 minutes. Add remaining vegetables; stir fry 5 to 7 minutes or until vegetables are tender crisp.
2. Add soy sauce, garlic powder, and ginger; stir fry until well blended. Sprinkle with sesame seed. Serve over cooked rice, if desired.

Calories: 50 Total Fat: 2 g  
Cholesterol: 0 mg Sodium: 72 mg  
Carb: 6 g Fiber 2 g Protein: 2g