

Easy Stir Fry

4 servings

A stir fry is a great way to use left-overs from another meal. Use meat, rice, or veggies from earlier in the week.

- 1 Tablespoon vegetable oil
- 1 small onion, scrubbed with clean vegetable brush under running water and sliced
- 1 pound beef, pork, chicken, shrimp, **OR** tofu, cubed **OR** thinly sliced*
- 1 (14 ounce) package frozen oriental vegetables, thawed **OR** 4 cups fresh vegetables, chopped (such as zucchini, broccoli, cabbage, mushrooms, etc.)
- 3/4 cup water
- 1 Tablespoon cornstarch
- 1 teaspoon lemon juice
- 1 teaspoon sugar
- 2 Tablespoons soy sauce
- 2 cups rice, cooked (optional)



1. Wash hands with soap and water.
2. In a large skillet, heat oil. Sauté onion for 1 minute.
3. Add protein food of choice. Stir-fry until nearly cooked through. Add vegetables. Cook for 2 to 4 minutes, adding water if needed. Continue cooking until meat is cooked through.
4. In a separate bowl, mix together water, cornstarch, lemon juice, sugar, and soy sauce. Mix well.
5. Pour mixture over vegetables. Heat 2 to 3 minutes or until thickened.
6. Serve over cooked rice, if desired.

*You can leave out the meat to make vegetable stir fry.

Nutrition Information per Serving: (1/4 of recipe) Calories 460, Total Fat 32 g (49% DV), Saturated Fat 12 g (59% DV), Cholesterol 85 mg (29% DV), Sodium 390 mg (16% DV), Total Carbohydrate 20 g (7% DV), Dietary Fiber 5 g (19% DV), Sugars 3 g, Protein 23 g, Vitamin A 100%, Vitamin C 25%, Calcium 4%, Iron 20%.