

# Easy Stir Fry

Nebraska Seasonal Produce Guide

4 Servings



**EXTENSION**

Health & Wellbeing



## Ingredients

- 1 Tablespoon vegetable oil
- 1 small onion, scrubbed with a 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 stir-fry vegetables, thawed or 4 cups fresh vegetables, chopped (such as zucchini, broccoli, cabbage, mushrooms, etc.)
- $\frac{3}{4}$  cup water
- 1 Tablespoon cornstarch
- 1 teaspoon lemon juice
- 1 teaspoon sugar
- 2 Tablespoons soy sauce
- 2 cups brown rice, cooked

## Instructions

1. Wash hands with soap and water.
2. In a large skillet, heat oil. Sauté the 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 the meat is cooked through.
4. In a separate bowl, mix water, cornstarch, lemon juice, sugar, and soy sauce. Mix well.
5. Pour the mixture over the vegetables. Heat 2 to 3 minutes or until thickened.
6. Serve over cooked rice.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

**Nutrition Information per Serving (1/4 of recipe):** Calories 330, Total Fat 8g, Saturated Fat 1.5g, Cholesterol 85mg, Sodium 550mg, Total Carbohydrates 34g, Fiber 3g, Total Sugars 4g, Protein 31g, Vitamin D 0%, Calcium 2%, Iron 10%, Potassium 15%



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