Vegetables: Pick and Fix

Stir Fry Mix and Match

Pick foods of each type to make your meal:

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Amount</th>
<th>Some Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>6 - 8 ounces (1-1½ cups), cut bite-sized</td>
<td>Ground beef, beef, pork, chicken, turkey, spicy sausage, tofu, meat substitute</td>
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<tr>
<td>Vegetable #1</td>
<td>1 cup (total), cut bite-sized</td>
<td>A mix of broccoli, carrots, celery, onions, green beans, bell pepper, cabbage</td>
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<tr>
<td>Vegetable #2</td>
<td>1 cup (total), cut bite-sized</td>
<td>A mix of green onions, mushrooms, tomatoes, zucchini, peas</td>
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<tr>
<td>Seasonings</td>
<td>2 Tablespoons fresh or ½ teaspoon dried</td>
<td>Minced garlic or ginger root; Basil, mint, oregano, parsley, thyme, curry powder, dried chilies, black pepper; Peanuts, sesame seeds</td>
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<tr>
<td>Sauce</td>
<td>½ cup</td>
<td>Low sodium chicken, beef or vegetable broth; fruit juice (such as orange)</td>
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1. In a small cup, add 2 teaspoons corn starch to ½ cup cold sauce of your choice. Stir well to remove lumps.
3. Heat 1 Tablespoon oil to sizzling in a frying pan over high heat.
4. Stir fry protein (by stirring all the time with a spatula) until cooked; set aside in a bowl.
5. Over medium heat, add 1 Tablespoon oil to the pan and stir fry vegetable #1 for 3-4 minutes. Then add vegetable #2 and stir fry 2-3 more minutes until cooked. Add ¼ to ½ cup water to prevent burning.
6. Sprinkle seasonings over the food; stir fry for 1 minute.
7. Add cooked protein back to pan; stir fry briefly to warm.
8. Re-stir sauce; add to stir fry. Cook briefly until sauce thickens.
9. Cool and refrigerate leftovers. (See back.)

Makes about 4 cups. Serve over rice or noodles with a cup of fruit.
Food for Later

Handle leftovers properly to avoid costly waste and foodborne illness:

- Cool and refrigerate leftovers right after your meal. If still hot, first put them in a metal bowl or saucepan. Put the container in a sink filled with cold water and cool until food stops steaming.

- Freeze portions that you won’t be able to eat within 3 or 4 days. Put them in meal-sized containers suitable for freezing. Label with the date on a piece of tape.

- When ready to eat, thaw leftovers in the refrigerator and then heat.

Tips for Vegetable Picks

Health-wise:

- Eat plenty of different kinds of vegetables.

- As part of a healthy diet, vegetables could reduce your risk of getting chronic diseases such as type 2 diabetes and some types of cancer.

Storage-wise:

- Store vegetables unwashed in the refrigerator.

- Store whole onions, winter squash, potatoes and sweet potatoes in a cool, dry place instead of the refrigerator.

Easy ways:

- Wash vegetables in cool, clean water just before preparing them.

Thanks to our vegetable artist: Suzanna, 2nd grade

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