

Easy Stir Fry

4 servings

A stir fry is a great way to use leftovers 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.)
- $\frac{3}{4}$ cup water
- 1 Tablespoon cornstarch
- 1 teaspoon lemon juice
- 1 teaspoon sugar
- 2 Tablespoons soy sauce
- 2 cups brown rice, cooked



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.
7. Store leftovers in a sealed container in the refrigerator for up to 4 days.

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

Nutrition Information per Serving: (1/4 of recipe) Calories 330, Total Fat 8g (10% DV), Saturated Fat 1.5g (8% DV), Cholesterol 85mg (28% DV), Sodium 550mg (24% DV), Total Carbohydrate 34g (12% DV), Dietary Fiber 3g (11% DV), Sugars 4g, Protein 31g, Vitamin A 100%, Vitamin C 25%, Vitamin D 0%, Calcium 2%, Iron 20%, Potassium 15%.