

Farmers' Market Stir Fry

Makes 4

1. Heat electric skillet or wok.
2. Add 1 tablespoon vegetable oil.
3. If desired, stir in 1 teaspoon chopped garlic.
4. Add 3 to 4 cups prepared vegetables. Choose a variety of vegetables that have been washed and diced, sliced or chopped.
Suggested choices: carrots*, onion, broccoli, cauliflower, celery, yellow squash, zucchini, sweet potato*, peas, cabbage, green or red pepper.
5. Add 1 to 2 tablespoons low-sodium soy sauce if desired.
6. Stir constantly for 5 to 7 minutes or until vegetables are tender but firm.
7. Serve as is, or over rice, or rolled in a tortilla!
8. Refrigerate leftovers.

**For successful stir-frying, be sure to add "hard vegetables" such as carrots, sweet potato or broccoli stems as the first ingredients to be cooked. Small, uniform pieces such as matchstick-size or thin slices will help with even, quick cooking.*

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Nutrition Facts	
Serving Size (59g)	
Servings Per Container 8	
Amount Per Serving	
Calories 30	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 70%	• Vitamin C 80%
Calcium 2%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777



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