

Asian Vegetable

Stir Fry

Makes 4-6 servings



*INGREDIENTS

- 3 tablespoons vegetable oil
- 1 clove garlic, minced
- 1 teaspoon grated ginger
- 1 small onion, sliced
- 1 red pepper (if in season or substitute green pepper), seeded and diced
- 1 green pepper, seeded and diced
- ¼ pound green beans, sliced
- 1 carrot, grated
- ¼ pound mushrooms, sliced
- 1 small bunch bok choy or greens
- 1 zucchini, sliced
- 1 teaspoon lemon juice
- 2 tablespoons soy sauce

*EQUIPMENT

- Knives and cutting board
- Measuring spoons
- Large frying pan
- Wooden spoon

*DIRECTIONS

1. In a large frying pan, heat oil, garlic, and ginger.
2. Add onions, pepper, green beans, and carrot. Stir fry over high heat for about 4 minutes.
3. Add mushrooms, bok choy, zucchini, lemon juice, and soy sauce. Stir fry for 2-3 more minutes.
4. Serve with steamed white or brown rice or angel hair pasta.

Note: You can add more of any one of the above vegetables to substitute for one that is not available.

*CHEF'S TIPS

- Ask participants if they know what ingredients are in Stir Fry.
- Set aside the ingredients as one of the participants reads the list aloud.
- When you get to ginger, pass around the ginger root, as many participants may be unfamiliar with it.
- Ask a few participants to take turns chopping the vegetables. As they are chopping, show them how to use the knife properly.
- While some are chopping, have other students measure the spices and sauces.

	Amount per serving	% Daily Value
Calories	198 calories	10%
Fat	6 grams	6%
Carbs.	32 grams	32%
Protein	4 grams	