

RECIPE GUIDE: Stir-fry

Stir-fry is a great option for using up a mix of fresh and frozen produce at the end of the week. Choose a grain, a protein, a vegetable or two, and a sauce.

Yield: 4 servings



Grain or noodles - 4 cups cooked rice (fresh or leftover), barley, or couscous; 8 ounces dry or 4 cups cooked Asian noodles or spaghetti



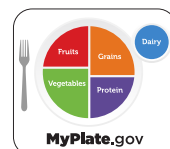
Protein - 8 ounces cooked or 12 ounces fresh boneless and skinless chicken breasts or thighs - sliced into bit-size pieces, sliced lean beef or pork, or fish and shellfish; 12 ounces cubed extra firm tofu; 2 cups shelled edamame (may also be labeled as mukimame); 4 ounces chopped nuts



Vegetables (fresh or frozen) - 3 cups onions, carrots, celery, mushroom, green beans, zucchini, carrots, bell peppers, spinach, broccoli, cauliflower, cabbage, snap peas, bokchoy



Sauce - 1 ½ to 2 tablespoons soy sauce; or 4 tablespoons teriyaki, Korean barbecue or bulgogi sauce, peanut sauce, or orange sauce; also, try mixing your own sauce using the recipes below under tips for success



Herbs, spices and aromatic vegetables - 2 heads garlic minced, 1 tablespoon fresh or ground ginger, ½ cup chopped green onion or chives, ½ cup chopped cilantro, crushed red pepper flakes

Meal Planning with Confidence



COLORADO STATE UNIVERSITY
EXTENSION

PROCEDURE and TIPS

Step 1:

Cook rice or noodles according to package directions and set aside. Keep warm.

Step 2:

Skip this step if you are using shelled edamame or nuts as your only protein. Marinate meat or fish with a little soy sauce, about 1 teaspoon, for a few minutes.

Step 3:

Slice vegetables into bite-sized pieces and set aside.

Step 4:

Heat 1 tablespoon of canola or vegetable oil in a large pan. Toss the marinated meat with a about 1 tablespoon of flour. Sauté meat until cooked (chicken 165F, beef or pork 145F, fish 145F or when fish flakes when poked with a fork, and when shellfish are opaque). Remove from pan and set aside.

Step 5:

Return pan to medium high heat and add 1/2 tablespoon of oil in pan and sauté onion, garlic, and ginger, if using, for about 30 seconds. Add vegetables and sauté for another 1-2 minutes.

Step 6:

Add the shelled edamame and nuts, if using and/or the cooked meat. Add the sauce you chose. Cook until everything is heated through. If you're using noodles or spaghetti, toss them all together. If you're using rice or any other grain, serve it on the side or top with protein/sauce mixture. Top with green onion and/or cilantro, if using.

Tips for success:

- Using a nonstick pan will help prevent fish from sticking during sauteing.
- Lime-Hoisin Sauce: Mix juice of ½ lime, 3 tablespoons hoisin sauce, and 1 tablespoon canola oil or any vegetable oil.
- Spicy Honey-Soy Sauce: Mix juice of ½ lemon, 2 tablespoons soy sauce, 1 tablespoon honey, and 1 teaspoon sriracha. Adjust the amount of honey and sriracha according to your preference.
- If you want to have more sauce, dissolve 1 tablespoon of cornstarch with 1 cup of water or broth. Add to the pan after the vegetables. Let boil for about 20 seconds to fully cook the starch.

