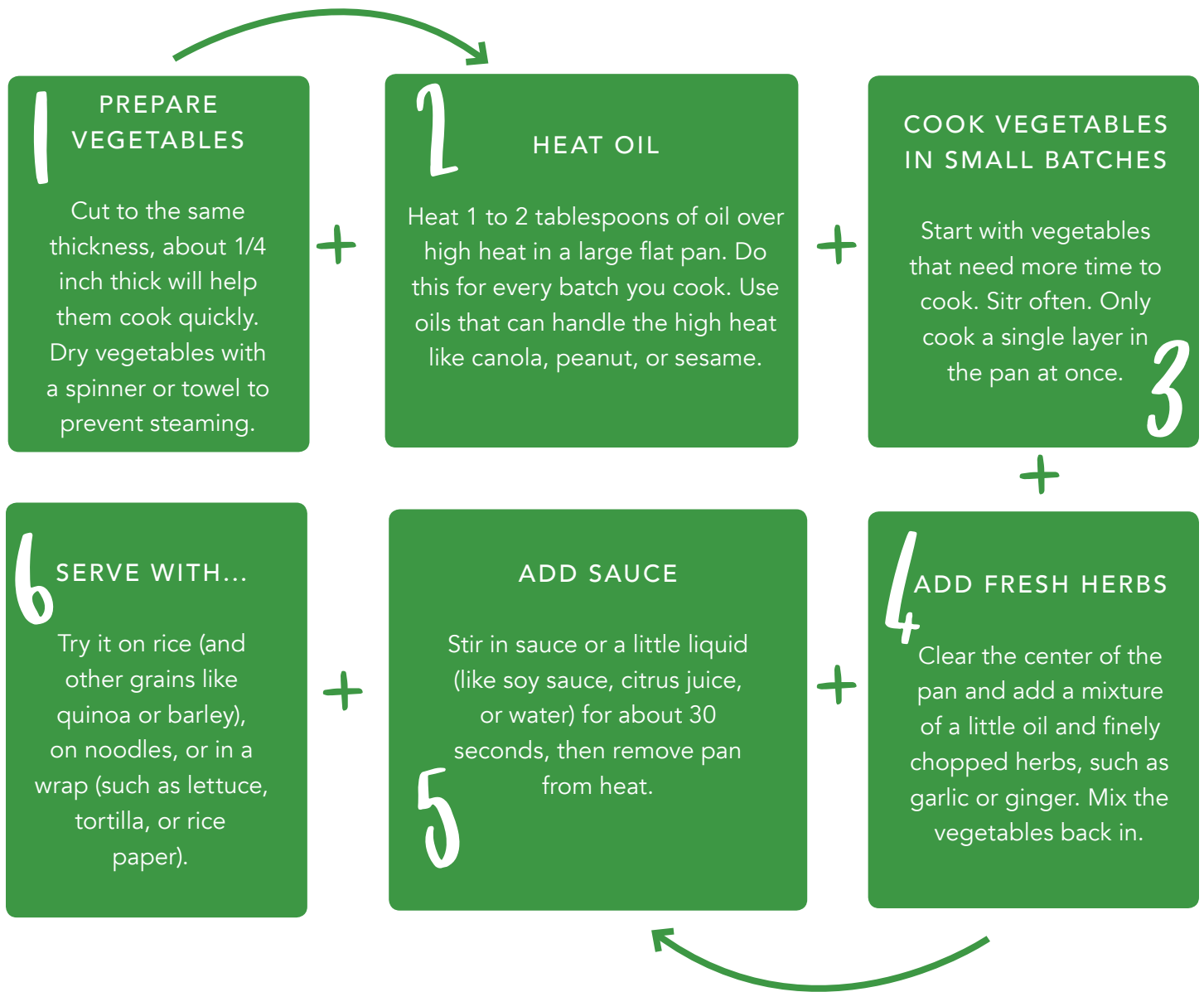




HOW TO: STIR FRY VEGETABLES



STIR FRYING vegetables can be a quick, highly adaptable, and extra delicious dinner. STIR FRYING



LONG (ADD FIRST) 3 TO 7 MINUTES	MEDIUM 1 TO 2 MINUTES	FAST (ADD LAST) 20 TO 60 SECONDS
Beans, broccoli, brussels sprouts, cabbage, carrots, cauliflower, fennel, kohlrabi, onions	Asparagus, bok choy stalks, corn, eggplant, green garlic, heavy greens, peas, peppers, summer squash	Bean sprouts, bok choy greens, celery, tender greens, tomatoes

HOW TO: STIR FRY VEGETABLES

MAKE YOUR OWN SAUCE



OR TRY OUR FAVORITES

- **PEANUT** combine 2 tablespoons peanut butter, 2 tablespoons rice wine vinegar, 2 tablespoons soy sauce, 1 tablespoon brown sugar, and red pepper to taste.
- **RED CURRY COCONUT** Combine 1 cup coconut milk, 1 tablespoon fish sauce, 2 teaspoons red curry paste, 1 teaspoon brown sugar, and 1 teaspoon cornstarch.
- **SWEET AND SOUR** Combine 6 tablespoons orange juice, 6 tablespoons red wine vinegar, 6 tablespoons sugar, 3 tablespoons ketchup and 1 teaspoon cornstarch and 1/2 teaspoon salt.

