



Recipe adapted from Zenger Farm

How to Stir Fry Vegetables

Stir frying can be a quick, highly adaptable dinner.

1. PREPARE VEGETABLES

Cut to the same thickness, about 1/4 inch thick will help them cook quickly. Dry vegetables with a spinner or towel to prevent steaming.

2. HEAT OIL

Heat 1 to 2 tablespoons of oil over high heat in a large flat pan. Do this for every batch you cook. Use oils that can handle the high heat like canola, peanut, or sesame.

3. COOK VEGETABLES IN SMALL BATCHES

Start with vegetables that need more time to cook. Stir often. Only cook a single layer in the pan at once.

4. ADD FRESH HERBS

Clear the center of the pan and add a mixture of a little oil and finely chopped herbs, such as garlic or ginger. Mix the vegetables back in.

5. ADD SAUCE

Stir in sauce or a little liquid (like soy sauce, citrus juice, or water) for about 30 seconds, then remove pan from heat.

6. SERVE WITH...

Try it on rice (and other grains like quinoa or barley), on noodles, or in a wrap (such as lettuce, tortilla, or rice paper).





Vegetable Cook Time

Follow this guide for mix-and-matching a healthy, delicious stir fry meal.



1.

First in the pan: Beans, broccoli, brussels sprouts, cabbage, carrots, cauliflower, fennel, kohlrabi, onions

Cook time: 3-7 minutes

2.

Next in the pan: Asparagus, bok choy stalks, corn, eggplant, green garlic, heavy greens, peas, peppers, summer squash

Cook time: 1-2 minutes

3.

Last in the pan: Bean sprouts, bok choy greens, celery, tender greens, tomatoes

Cook time: 20-60 seconds