How to: Stir Fry Vegetables

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

<table>
<thead>
<tr>
<th>LONG (ADD FIRST) 3 TO 7 MINUTES</th>
<th>MEDIUM 1 TO 2 MINUTES</th>
<th>FAST (ADD LAST) 20 TO 60 SECONDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, broccoli, brussel sprouts, cabbage, carrots, cauliflower, fennel, kohlrabi, onions</td>
<td>Asparagus, bok choy stalks, corn, eggplant, green garlic, heavy greens, peas, peppers, summer squash</td>
<td>Bean sprouts, bok choy greens, celery, tender greens, tomatoes</td>
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</tbody>
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MAKE YOUR OWN SAUCE

- **OIL** try sesame, peanut, or canola
- **ACID** try citrus juices or rice vinegar
- **SALT** try soy, tamari, or fish sauce
- **HERBS** try ginger, garlic, and peppers

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.