



STIR-FRY OPTIONS

Ingredients	Quantity	Preparation Directions	Stir-Fry Time
Asparagus (fresh)	3/4 pound	Remove tough portion of stem, bias-slice into 1-inch lengths	4 to 5 minutes
Bok Choy	1/2 pound bunch	Thinly slice	3 minutes
Broccoli (fresh)	1/2 pound	Cut florets into bite-size pieces, thinly slice stems	3 to 4 minutes
Cabbage	1/2 of small head	Core and coarsely shred or slice	3 minutes
Carrots	10 to 12 baby carrots or 3 medium	Thinly bias-slice	4 to 5 minutes
Celery	3 stalks	Thinly bias-slice	3 to 4 minutes
Green Beans	1/2 pound	Bias-slice into 1-inch pieces, Precook, covered, in a small amount of boiling water for 4 minutes	3 minutes
Green Onions	4 each	Bias-slice into 1-inch lengths	1 1/2 minutes
Green Pepper	1 medium	Cut into 3/4- inch pieces or strips	1 1/2 minutes
Mushrooms	1/4 pound	Slice vertically (t-shape)	1 minute
Onion	1 medium	Slice into thin wedges	3 minutes
Pea Pods (fresh)	6 to 8 ounces	Remove tips and strings	2 to 3 minutes
Zucchini or Yellow Squash	1/2 to 1 med.	Slice 1/4- inch thick, leave peel on if tender	3 to 3 1/2 minutes

Sources: Flaming-Jackson, SK; A “Wok” on the Light Side; K-State Research and Extension, Northeast Area. University of Nebraska Cooperative Extension: Food Preparation. Nutrition Education Program.