



WHY NOT STIR-FRY?

Stir-frying means cooking food quickly in a small amount of hot oil, in a shallow, roomy skillet or pan. This method of cooking adds very few calories and retains the food's nutrients, colors and textures.

For successful stir-frying, meats and vegetables must be thinly sliced or cut into similar-sized pieces. You may slice, bias-cut, julienne strip, or roll-cut ingredients for stir-frying. By varying the shape of the cut vegetables, you not only add interest to your dish, but you also control how quickly the ingredients will cook.

How much will you cook? Limit the amount you stir-fry at one time to about 3 cups. Plan on at least $\frac{3}{4}$ cup of uncooked vegetables per serving.

To stir-fry a combination of foods, start with meat pieces in a small amount of hot oil. When meat is thoroughly cooked, add vegetables, beginning with ones that take longest to cook, such as carrot strips or fresh green beans. Stir-fry only until vegetables are crisp-tender. Season stir-fry creations according to your personal tastes. Some seasonings, such as garlic, soy sauce, ginger, and Worcestershire sauce, add unique flavors that are often found in Asian stir-fry dishes. Even simple additions such as lemon juice, seasoned salt, and pepper will accent your creation.

On the next page are some basic guidelines for stir-frying. You can combine a number of vegetables, or use only two or three. Enjoy!

