Vegetable Stir Fry

What you need:

Utensils:
Cutting board and Knife Mixing bowl Mixing spoon or whisk Measuring cups & spoons Large skillet with cover Spatula

Ingredients you need:

Sauce
¾ cup pineapple juice*
1 tablespoon sugar
1 tablespoon lemon juice*
1 ½ teaspoon cornstarch
1 teaspoon light soy sauce

Vegetables:
4 teaspoons vegetable oil
1 cup broccoli florets*
1 cup shredded carrots*
1 cup cauliflower florets*
1 cup sliced celery*
1 cup diced red bell pepper*
1 cup sugar peas, stems removed* *WIC Approved

Nutrition Facts

Serving Size 1 cup
Servings Per Container 5
Amount Per Serving
Calories 100 Calories from Fat 35
% Daily Value *
Total Fat 4g 6%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%, Sodium 110mg 5%, Total Carbohydrate 17g 6%, Dietary Fiber 2g 8%, Sugars 11g, Protein 2g., Vitamin A 90% * Vitamin C 60%, Calcium 4% * Iron 4%

What to do:

1. Wash hands and clean your cooking area.
2. In a small mixing bowl, combine the 5 ingredients for the sauce and whisk lightly.
3. Wash all vegetables and slice and peel them and remove the stems.
4. Heat oil in a large skillet over medium heat.
5. Add broccoli, carrots, cauliflower, and celery and cook for 2 minutes.
6. Add bell pepper and sugar peas, and cook for 2 minutes.
7. Add sauce, bring to a boil, and cook for 1 minute, covered.
8. Serve while hot.

Prep Time: 10 minutes
Cook Time: 20 minutes
Cost per serving: $0.36

Expanded Food and Nutrition Education Program

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