



Washington Farmers
Market Nutrition Program

Ingredients:

- 1 tablespoon oil
- 1/2 medium onion, chopped
- 1 cup carrot slices
- 1 red or green pepper, chopped
- 1 cup cabbage, chopped
- 1 cup broccoli florets, chopped
- 1/3 cup chicken or vegetable broth
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon toasted sesame oil

Vegetable Stir-Fry

Makes 4 Servings



Directions:

1. Heat oil in a skillet or wok.
2. Add onion, carrot, pepper and cabbage. Cook for 2 minutes.
3. Add broth and cook for 2-3 more minutes, depending on desired softness of vegetables.
4. Add broccoli. Stir and cover pan. Cook for 2-3 more minutes.
5. In a small bowl, combine soy sauce, cornstarch and 1-2 tablespoons broth or water. Mix well. Pour over vegetables and cook until sauce thickens.
6. Remove from heat and stir in sesame oil. Serve with rice.



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Nutrition Facts	
Serving size: 1/4 of recipe (167g)	
Servings Per Container 4	
Amount Per Serving	
Calories 93	Cal. from Fat 46
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 61mg	4%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	10%
Sugars 0g	
Protein 3g	
Vitamin A 210%	Vitamin C 140%
Calcium 4%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Vegetable Stir-Fry

OPTIONS

- Substitute any of your favorite vegetables for those in recipe.
- To increase protein content, add cooked chicken, pork, lean beef, or tofu.
- To increase flavor, add fresh garlic or gingerroot.
- If you serve with **one cup** cooked rice or noodles, it will add the following amount of calories and carbohydrate to your meal.

	<i>Calories</i>	<i>Carbohydrate (grams)</i>
Rice	240	45
Noodles	160	30

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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