

STIR-FRY VEGETABLES

Recipe provided by North East Independent School District, San Antonio, TX, for the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	50 Servings		Directions
	Weight	Measure	
Carrots, sliced	5 lbs		1. Wash, peel and slice carrots. Slice carrots into 1/4 inch carrot coins.
Onions, sliced	1 lb 9 oz		2. Remove outer layer of onion and cut in half lengthwise. Cut onion into 1/2 inch rounds.
Broccoli florets	4 lb 1 oz		3. Wash broccoli florets, cut larger pieces in half.
Vegetable oil		2/3 cup	4. Cook vegetables as close to serving time as possible. Vegetables will turn dark if they are left in the warmer too long.
Salt		2 1/2 tsp.	5. Heat oil in a skillet and add carrots and onions. Cook for 8-10 minutes.
Garlic powder		2 1/2 tsp.	6. Add salt, garlic powder and soy sauce and cook for an additional 5 minutes. Be careful not to overcook the vegetables.
Soy Sauce		2/3 cup	7. Add the broccoli and cook until the (CCP) minimum internal temperature is 135°F or above.

Recipe Notes:

One serving provides 1/2 cup vegetable

Nutrition Information (per serving)

Calories: 65/Protein: 2 g/Carbohydrate: 8 g/Fiber: 3 g
 Saturated fat: 0 g/Polyunsaturated fat: 2 g/Monounsaturated fat: 0.5 g
 Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 290 mg/Potassium: 290 mg