



# *Stir-Fry Vegetables*



## Stir-Fry Vegetables

**Recipe HACCP Process:** #2 Same Day Service

**Serving Size:** ½ cup

**Yield:** 50

**Source:** JSI Back to Basics: Asian Fusion Recipe (*adapted from: McCormick*)

### Ingredients:

Ingredient Name	Measurements
Onions, raw, sliced	2 qt + 3 cups
Carrots, raw, sliced	1 qt + 1 ½ cups
Vegetable oil, canola	1/3 cup + ½ tsp
Broccoli, raw, florets	5 quarts 3 cups
Peppers, sweet, bell, red, raw, sliced	2 qt + 3 cups
Soy sauce, reduced sodium	1/3 cup + ½ tsp
Garlic powder	2 Tbsp + ¼ tsp
Ginger, ground	2 1/8 tsp
Sesame seeds, toasted, unsalted**	3 Tbsp + 1 ½ tsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

*\*\*Note: Sesame seeds can be eliminated if there is a concern of an allergy.*

### Instructions:

1. Heat oil in a large tilt skillet on medium-high heat.
2. Add onions and carrots and stir fry for 5 minutes.
3. Add remaining vegetables and stir-fry for 10 minutes or until vegetables are tender-crisp.
4. Add soy sauce, garlic powder, ginger, and stir to blend.
5. Sprinkle with sesame seeds.
6. Hold for hot service at 135°F or higher.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	54.72 kcal
Total Fat	2.14 g
Saturated Fat	0.23 g
Trans Fat	0.01 g
Cholesterol	0.00 mg
Sodium	139.09 mg
Total Carbohydrate	8.25 g
Dietary Fiber	2.41 g
Total Sugars	3.28 g
Protein	2.03 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Vegetable	0.5 cup

*\*Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*