



Veggie Stir-Fry With Ginger

The standout ingredient in this flavorful dish is ginger. Ginger is a very aromatic spice popular throughout China, particularly in Szechuan- and Cantonese-inspired recipes. Give your menu new life with this simple side dish.

CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water	8 oz	1 cup	16 oz	2 cup	<p>1 In a small bowl, whisk together water, cornstarch, sugar, and salt until smooth. Set aside.</p> <p>2 Heat oil on medium-high heat in a wok, tilting skillet, or skillet:</p> <p>For 25 servings, use 1 extra-large skillet. For 50 servings, use 2 extra-large skillets.</p>
Cornstarch		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Sugar, granulated		2 tsp		1 Tbsp 1 tsp	
Salt, table		1 tsp		2 tsp	
Oil, canola		1 Tbsp 1 tsp		2 Tbsp 2 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Carrots, frozen, chopped	12½ oz	3 cup	1 lb 9 oz	1 qt 2 cup	<p>3 Add carrots, green beans, and broccoli to the hot skillet. Cook for 4 minutes. Stir frequently.</p>
Beans, green, frozen, cut	12½ oz	3 cup	1 lb 9 oz	1 qt 2 cup	
Broccoli, frozen, chopped	14½ oz	1 qt	1 lb 13 oz	2 qt	
Ginger, fresh, grated		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<p>4 Add ginger, and cook 4–5 minutes or until vegetables are tender. Add mixture from step 1, and cook for 2 minutes. Stir constantly. Cook until vegetables are coated with sauce.</p> <p>Critical Control Point: Heat to 140°F or higher for at least 15 seconds.</p>



NUTRITION INFORMATION

For ¼ cup.

NUTRIENTS	AMOUNT
Calories	23
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	104 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	16 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

YIELD/VOLUME

25 Servings	50 Servings
2 lb 9¼ oz 1 qt 2¼ cup	5 lb 2½ oz 3 qt ½ cup

