
NEP

Nutrition Education Program

STIR FRY



Utah State
UNIVERSITY
EXTENSION

Department of
Workforce Services





STIR FRY

Stir frying is a way of cooking that is fast, low in fat, and tasty. It's easy, too! It is done using high heat and a little oil in a wok or large, heavy skillet.

Things to Know

- ◆ Stir fry can be very nutritious depending on the ingredients used. Together, meat, vegetables, and rice are high in protein, vitamins, minerals, and fiber.
- ◆ Stir fry is a combination food that fits in more than one group in the Food Guide Pyramid.
- ◆ Stir fry is a quick, easy meal that can be prepared in a very short time.

Skills

- ◆ **Cut all ingredients into bite-sized pieces.** Cut meat across the grain so it will be tender. Vegetables should be cut into thin slices that are all about the same size so they cook quickly. Many vegetables can be cut on the diagonal (such as carrots and celery) so they cook quickly and look attractive when served.
- ◆ **Heat oil.** Add 1-2 tablespoons cooking oil to pan and heat over medium high heat until almost smoking. If you want to add flavor to the oil, you can add a little garlic, ginger, or dried hot peppers at this point. Cook until fragrance is released then remove with a spatula.
- ◆ **Cook the meat.** If you are using meat in your recipe, cook it first. Stir the meat rapidly while it is cooking. When it is cooked through, remove and place on a clean plate.
- ◆ **Cook the vegetables.** Start with the vegetables that take the longest time to cook such as carrots, celery, onions, green beans, cabbage, broccoli, and cauliflower. Stir and cook rapidly, until they show signs of wilting slightly. Add any remaining vegetables that cook quickly, like green or red peppers, mushrooms, snow peas, spinach, etc. Stir and cook just until barely tender.
- ◆ **Add meat and seasonings.** Add meat back in the pan. Add seasonings like soy sauce, salt, pepper, or sesame seeds. Stir and cook just until heated through.
- ◆ **Thickening (optional).** If you like, you may thicken this mixture with 1 $\frac{1}{2}$ Tbsp. of cornstarch and 1 cup of water stirred together or you may use one of the sauce recipes at the end of this section.

Serve immediately over rice. Enjoy!



◆ Cooking Directions for Rice

For best results, always follow package directions. When directions are not available, use this easy method:

1. Combine 1 cup rice, liquid (see chart below), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in a 2-3 quart saucepan.
2. Heat to boiling; stir once or twice. Lower heat to simmer; cover with tight-fitting lid.
3. Cook according to time specified on chart. Do not stir.
4. At the end of cooking time, taste the rice to see if it is tender and tilt the pan to see if the water is absorbed. If not, replace the lid and cook 2-4 minutes longer. Fluff rice with a fork.

1 cup uncooked rice	Liquid	Cooking Time
White long grain	1 3/4 - 2 cups	15 minutes
White medium or short grain	1 1/2 cups	15 minutes
Brown	2 - 2 1/2 cups	45 to 50 minutes
Parboiled	2 - 2 1/2 cups	20-25 minutes

Storage

- ◆ Left over stir fry may be kept in a tightly covered container in the refrigerator for up to two days.
- ◆ It can be kept frozen for up to three months if kept in a tightly covered freezer container



Chinese Vegetable Stir Fry

Ingredients:

4 Tbsp. vegetable oil	1 cup sliced celery
1 cup broccoli florets	1 cup diced red bell peppers
1 cup sliced carrots	1 cup sugar peas (stem removed)
1 cup cauliflower florets	

Directions:

Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower and celery; cook for 2 minutes. Add pepper and peas; cook 2 more minutes. Add Sweet 'n' Sour Sauce. Bring to boil and cook for 1 minute, covered. Serve hot.

Yield: 6 1- cup servings

Vegetable Stir Fry Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		6	
Amount per serving			
Calories	120	Calories from Fat	85
% Daily Value			
Total Fat	13g		14%
Saturated Fat	5g		6%
Cholesterol	30 mg		0%
Sodium	660 mg		2%
Total Carbohydrate	5g		3%
Dietary Fiber	0g		13%
Sugars	5g		
Protein	5g		
Vitamin A	163%	Vitamin C	152%
Calcium	4%	Iron	7%



Stir Fry with Vegetables

Ingredients:

3/4 lb. meat

4-5 cups vegetables

2 green onions, sliced fine

1/8 tsp. garlic powder

3 Tbsp. vegetable oil

rice or noodles

Directions:

Slice meat into strips, 1/8 inch thick x 2 inches long. Prepare vegetables in evenly shaped pieces. In a large frying pan on medium heat, add 2 Tbsp. oil, meat, root vegetables, onion and garlic. Stir-fry for 2-3 minutes until meat is cooked through and vegetables are partially cooked. Add a few drops of water, if needed. Cover with lid. Push to outside edges of pan. Add 1 Tbsp. oil and the remaining vegetables. Stir-fry until tender-crisp, about 2-3 minutes. Add stir-fry soy sauce, mix thoroughly and heat until bubbly. Serve immediately over hot rice or noodles.

Stir Fry w/ Vegetables Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		6	
Amount per serving			
Calories 507		Calories from Fat 194	
% Daily Value			
Total Fat	13g		33%
Saturated Fat	5g		28%
Cholesterol	30 mg		15%
Sodium	660 mg		15%
Total Carbohydrate	5g		19%
Dietary Fiber	0g		9%
Sugars	5g		
Protein	5g		
Vitamin A	6%	Vitamin C	32%
Calcium	5%	Iron	27%



Stir Fry Soy Sauce

Ingredients:

- 1 cup water
- 2 Tbsp. soy sauce
- 1½ tsp. cornstarch

Directions:

Mix well.

Stir Fry Soy Sauce Nutrition Facts			
Serving Size		1/4 cup	
Servings Per Container		4	
Amount per serving			
Calories	8	Calories from Fat	0
		% Daily Value	
Total Fat	13g	0%	
Saturated Fat	5g	0%	
Cholesterol	30 mg	0%	
Sodium	660 mg	17%	
Total Carbohydrate	5g	1%	
Dietary Fiber	0g	0%	
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	1%



Basic Stir Fry Vegetables

Ingredients:

4-5 cups chopped vegetables, fresh

1 clove garlic

2-3 Tbsp. vegetable oil

2 green onions, sliced

1-2 Tbsp. soy sauce

Directions:

Slice or chop vegetables into small, evenly shaped pieces. Set aside. Heat a large frying pan. Add 2 Tbsp. oil to pan and heat to medium-hot (375°). Add root vegetables, onion, and garlic. Stir to coat well with oil. Stir-fry for 2-3 minutes until they are partially cooked. May need to add a few drops of water and cover with lid while cooking root vegetables. Add another tablespoon of oil, if needed. Add remaining vegetables and soy sauce. Stir fry until tender-crisp (2 or 3 minutes). Serve immediately.

Note: Cooking time varies with cut, age, and variety of vegetables.

Basic Stir Fry Vegetables Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		4	
Amount per serving			
Calories 150		Calories from Fat 104	
% Daily Value			
Total Fat	13g		18%
Saturated Fat	5g		8%
Cholesterol	30 mg		0%
Sodium	660 mg		34%
Total Carbohydrate	5g		3%
Dietary Fiber	0g		7%
Sugars	5g		
Protein	5g		
Vitamin A	7%	Vitamin C	39%
Calcium	4%	Iron	8%