



**REMEMBER
TO EAT
ALL YOUR
COLORS**

Choosing More Fruits and Vegetables



- Keep a bowl of fruit on the counter.
- Make fruit smoothies for a quick breakfast or snack.
- Top baked potatoes with salsa.
- Keep baby carrots or other ready-to-eat vegetables on hand.
- Add corn, carrots, peas, sweet potatoes, or beans to soups and stews.
- Top sandwiches with lettuce, tomato, and other vegetables.
- Add bananas or berries to cereal or yogurt.
- Add peppers, onions, or other vegetables to spaghetti sauce.
- Make a stir-fry, experiment with different vegetables or use what you have on hand.
- It all counts—fresh, frozen, canned, dried and 100% juice.



NC STATE UNIVERSITY



SUPER STIR-FRY

Makes 2 servings
Serving Size: 1 cup



Eat Smart

Nutrition information

Per Serving

280 calories	
Total Fat	2 g
Saturated Fat	0 g
Protein	7 g
Total Carbohydrate	58 g
Dietary Fiber	7 g
Sodium	65 mg

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

Recipe analyzed using onions, red pepper, broccoli, celery and carrots.

Choose 5 vegetables (1/2 cup of each)

- Onion
- Carrots
- Squash
- Broccoli
- Peppers
- Zucchini
- Celery
- Mushrooms
- Cauliflower

Choose 1 starch 1 cup per person (cooked according to package directions)

- Brown rice
- Whole-wheat spaghetti noodles
- White rice
- Rice noodles

Directions

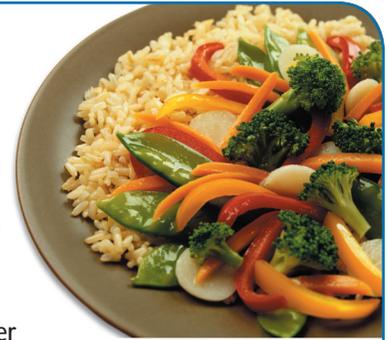
1. Wash and chop selected vegetables into small evenly sized pieces. You may cut them into circles, strips or cubes as desired. A variety of shapes will make the stir-fry more pleasing to the eye.
2. Make stir-fry sauce (recipe below). Set aside.
3. Heat a small amount (1 tablespoon or less) of vegetable oil over high heat in 10-inch frying pan, electric skillet or wok.
4. Keeping the heat high, add vegetables to the pan in order of firmness—harder foods first and ending with the softest foods.
5. Toss vegetables to keep from sticking until they are cooked. When stir-frying, vegetables should still be crisp and retain their bright color.
6. Add sauce to taste (about 1/4 cup). Stir-fry until all vegetables are thoroughly coated.
7. Serve with starch of choice.

STIR-FRY SAUCE

- 2 tablespoons sodium-free beef bouillon
- 2 teaspoons apple cider vinegar
- 1 teaspoon molasses
- 1/8 teaspoon ground ginger
- 1 teaspoon garlic powder
- dash pepper
- 2 tablespoons cornstarch
- 1 1/2 cups cool water

Directions

1. Mix first six ingredients together in a small saucepan. Bring to a boil and simmer gently for 5 minutes.
2. Combine cornstarch and water.
3. Stir in bouillon mixture. The cornstarch will settle to the bottom so stir again before adding sauce to stir-fry.



HAVE A FAMILY PARADE

Have everyone get in a line and have a fun family parade. You can march, bounce, and skip along your parade routes through your house or out in the yard. What day this week will you and your family have a parade?

www.pedbikeimages.org/Dan_Burden

