Why Stir-Fry?

Stir-frying is a quick and easy way to add vegetables to a meal. You can cook everything in one pan! The stir fry method is low in fat because it requires very little oil. Nutrients are preserved because of the short cooking time!

Tips for Stir-Frying

• Use a stainless steel pan or wok for easy mixing and searing ingredients.
• Prepare and cut ingredients into bite-size pieces for quick cooking.
• Add hard vegetables like carrots and broccoli first.
• Stir ingredients frequently to cook evenly and prevent burning.

Asian Noodle Stir-Fry

Makes 2 servings

Ingredients

5 oz Lo Mein Noodles
1 cup snow peas
1 cup thinly cut carrots
1 cup sliced mushrooms
2 eggs
2 cloves garlic
3 tbsp soy sauce
1 tbsp sugar
2 tbsp sesame oil

Directions

1. Boil noodles for 8 minutes; strain and set aside.
2. Heat up oil in a pan and stir fry garlic for 30 seconds.
3. Add carrot, peppers, and mushroom. Stir-fry for 3 minutes.
4. Add soy sauce, sugar, and sesame oil. Cook for 2 more minutes.
5. Mix in the noodles and serve!