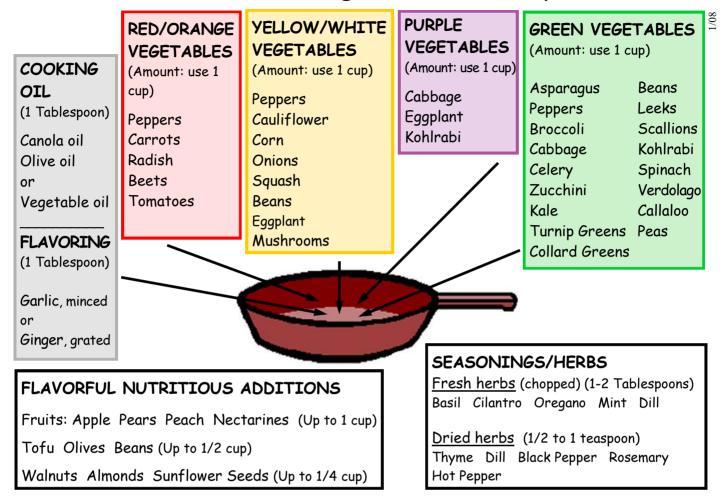
"Rainbow of Vegetables" Stir Fry



- 1. GET READY! Choose one or more vegetables from each color group.

 Vegetables can be fresh, frozen or canned. Cut vegetables into thin slices 1 to 2 inches long.
- 2. GET THE PAN HOT! Heat oil in a large skillet over medium heat. Add garlic or ginger.
- 3. ADD VEGETABLES and STIR! Add harder vegetables first (carrots, cabbage, kale, collards, onions, peppers, others). Cook for 6-8 minutes, stirring while you cook. Add more delicate vegetables (such as tomatoes, spinach, mushrooms, fresh corn). Cook and stir for 3 more minutes.
- 4. ADD FLAVOR! Choose 1 to 2 seasonings/herbs to create different tastes.
- 5. STEAM BRIEFLY! Cover pan, lower the heat, and allow to cook for 2-3 minutes until vegetables are tender, and leafy vegetables are wilted. If the stir-fry is getting dry, add 2 Tablespoons of water (or try 1 Tablespoon of lite or low sodium soy sauce along with the water).
- **6. ADD VARIETY!** Choose 1 or more flavorful nutritious additions to create different recipes. Add 1-2 minutes before removing from heat.

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