

# "Rainbow of Vegetables" Stir Fry

**RED/ORANGE VEGETABLES**  
(Amount: use 1 cup)  
Peppers  
Carrots  
Radish  
Beets  
Tomatoes

**YELLOW/WHITE VEGETABLES**  
(Amount: use 1 cup)  
Peppers  
Cauliflower  
Corn  
Onions  
Squash  
Beans  
Eggplant  
Mushrooms

**PURPLE VEGETABLES**  
(Amount: use 1 cup)  
Cabbage  
Eggplant  
Kohlrabi

**GREEN VEGETABLES**  
(Amount: use 1 cup)  
Asparagus      Beans  
Peppers          Leeks  
Broccoli         Scallions  
Cabbage          Kohlrabi  
Celery            Spinach  
Zucchini         Verdolago  
Kale              Callaloo  
Turnip Greens   Peas  
Collard Greens

**COOKING OIL**  
(1 Tablespoon)  
Canola oil  
Olive oil  
or  
Vegetable oil

**FLAVORING**  
(1 Tablespoon)  
Garlic, minced  
or  
Ginger, grated

**FLAVORFUL NUTRITIOUS ADDITIONS**  
Fruits: Apple Pears Peach Nectarines (Up to 1 cup)  
Tofu Olives Beans (Up to 1/2 cup)  
Walnuts Almonds Sunflower Seeds (Up to 1/4 cup)

**SEASONINGS/HERBS**  
Fresh herbs (chopped) (1-2 Tablespoons)  
Basil Cilantro Oregano Mint Dill  
Dried herbs (1/2 to 1 teaspoon)  
Thyme Dill Black Pepper Rosemary  
Hot Pepper

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.