



Cornell University
Cooperative Extension
New York City



Vegetable Stir-Fry

Yields 8 servings (½ cup each)

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 6 medium-sized carrots, shredded
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- ½ head cabbage, chopped (about 3 cups)
- 2 large peaches, chopped
- 1 tablespoon fresh cilantro, mint or basil, minced

Instructions

1. Heat oil in large skillet over medium heat. Add the garlic. Stir and cook about one minute until garlic turns golden. Do not allow garlic to brown.
2. Stir in carrots, green pepper, onion, and cabbage. Stir and cook for about 6-8 minutes. Add small amounts of water as needed.
3. Add peaches. Add herbs. Cover and cook 1-2 minutes or until tender.

Helpful Information

- Cooking with fresh garlic and herbs makes food taste good - so you can use no salt!
- Serve as a main dish by adding cooked pieces of lean meat, poultry or fish. Delicious with rice, noodles or in pita bread.

Source: CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings Per Recipe	8 servings
Serving size	½ cup
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	6%
Potassium 410mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Label analysis based on ingredients listed.</small>	

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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Salteado de Vegetales

Rinde 8 raciones (½ taza cada una)

Ingredientes

- 1 cucharada de aceite de oliva
- 1 diente de ajo, picado en trozos pequeños
- 6 zanahorias medianas, ralladas
- 1 pimiento verde mediano, picado finamente
- 1 cebolla mediana, cortada
- 3 tazas de repollo, cortado
- 2 duraznos grandes (1 taza picada), cortados
- 1 cucharada de cilantro, menta, o albahaca fresca, cortada

Instrucciones

1. Caliente el aceite en un sartén grande. Añada el ajo. Sofríalo y cocínelo por un minuto hasta que el ajo se dore. No deje que el ajo se queme.
2. Agregue las zanahorias, el pimiento verde, la cebolla, y el repollo. Mézclelos y cocínelos por 6 o 8 minutos. Si necesita, añada un poco de agua.
3. Agregue los duraznos. Agregue las hierbas. Cubra y cocine por 1 o 2 minutos o hasta que estén suaves.

Información Útil

- Cocinar con ajo fresco y hierbas hacen que la comida sepa deliciosa– ¡así no usa sal!
- Sirva como plato principal añadiendo trozos cocidos de carne magra, pollo, o pescado. Delicioso con arroz, tallarines, o pan de pita.

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