



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%

*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.

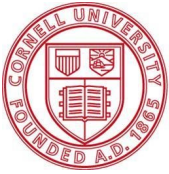
Label analysis based on ingredients listed.

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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Cornell University
Cooperative Extension
New York City



炒蔬菜

可供8人食用 (每份½ 杯)

食材

- 1汤匙橄榄油
- 1瓣大蒜，切碎
- 6个中等大小的胡萝卜，切丝
- 1个中等大小的青椒，切碎
- 1个中等大小的洋葱，切碎
- 半颗卷心菜，切碎 (约3杯)
- 2个大桃子，切碎
- 1汤匙新鲜的香菜、薄荷或罗勒，切碎

烹饪步骤

1. 在大煎锅中用中火加热橄榄油。加入大蒜。搅拌约一分钟，直到大蒜变金黄色。不要让大蒜变成棕色。
2. 加入胡萝卜、青椒、洋葱和卷心菜。搅拌炒制约6-8分钟。根据需要适量添加水。
3. 加入桃子。加入香料。盖上盖子，煮1-2分钟，直到变软。

小窍门

- 使用新鲜的大蒜和香料烹饪可以使食物更美味 – 这样您就可以不用加盐！
- 通过添加煮熟的瘦肉、家禽或鱼肉块，可以作为主菜食用。搭配米饭、面条或皮塔饼更美味！

Source: CUCE-NYC FMNP Recipe Collection 2015

要查找农民市场的食谱，请访问：<http://nyc.cce.cornell.edu/farmers-market-recipes/>

要查看食谱视频，请访问我们的YouTube频道：**Farmers Market Recipes CCE NYC**

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