



UK Health & Wellness Cooking Class

Recipes from Stir Fry Friday

The Easiest Stir Fry Ever

(From *Lickety-Split Meals* by Zonya Foco, RD, ZHI Publishing, 1998)

Ingredients:

2 cups instant whole-grain brown rice	1 tsp. canola or sesame oil
1 3/4 cup water (adjust according to brown rice pkg., brands vary)	2 bags (16 oz. each) frozen mixed stir-fry vegetables
1 small onion, cut into wedges	1 jar (10 oz.) LaChoy Sweet & Sour Sauce
3 skinless, boneless, chicken breast halves cut into strips (Optional: a cube of firm tofu [12 oz.] cut into strips works great instead of chicken.)	1/2 cup slivered almonds or chopped walnuts or cashews

Directions:

- Place rice and water on stove. Cover, bring to a boil and reduce heat to medium low. Set timer for 5 minutes. When timer sounds, remove from heat and allow to sit, covered.
- Heat oil in a nonstick wok. Add onion and chicken. Cook until chicken is browned.
- Add vegetables to wok, no need to thaw. Cook 11-13 minutes to desired tenderness. (It's ready when the water from the vegetables evaporates.)
- Stir in sauce and nuts. Let cook for 2 more minutes, serve over the brown rice.

Basic Stir Fry

(From *Soyfoods, A Healthy Profile* by the Kentucky Soybean Board, 2000)

Ingredients:

1 Tbsp. lower sodium soy sauce	2 tsp. fresh ginger, minced
1 1/2 tsp. rice vinegar	1 small onion, sliced in rounds, then cut in half
8 oz. firm tofu, cut into bite-size pieces OR – use a marinated tofu	4 cups fresh vegetables, in bite-size pieces (carrots, broccoli, cabbage, green pepper, cauliflower, etc.)
1/2 cup water	1 1/2 tsp. cornstarch mixed with 1 1/2 tsp. cold water
1 Tbsp. lower sodium soy sauce	Optional: Purchased hoisin or stir-fry sauce if desired.
2 tsp. rice vinegar	
2 tsp. sugar	
1 tsp. dark sesame (toasted) sesame oil	
1 clove garlic, minced	

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Basic Stir Fry (cont'd)

Directions:

- Combine the 1 Tbsp. soy sauce with the 1 1/2 tsp. rice vinegar. Sprinkle over the tofu. Sauté in a nonstick skillet (or wok) over medium-high heat until starting to turn golden. Remove from pan and set aside.
- Combine the water, 1 Tbsp. soy sauce, 2 tsp. vinegar and sugar in a small bowl and set aside.
- Heat the sesame oil in a nonstick wok or deep skillet. Add the garlic and ginger and sauté briefly, but do not let them brown. Add the onion and fresh vegetables and stir-fry, tossing constantly, about 2-3 minutes. Pour the water mixture over and reduce heat to medium-low. Cover and let steam for 2-3 minutes or until crisp-tender.
- Remove the cover and raise the heat to high. Add the cornstarch/water mixture and stir briefly until the sauce thickens. Stir in the tofu and heat through. Serve at once with steamed rice.
- Add some purchased hoisin or stir-fry sauce if desired.

Stir Frying With Soy

(From Beth Loiselle, RD, LD, dietitian for Good Foods Market & Café)

The next two recipes are for soy, which makes a delicious protein source to add to your stir-fried vegetables in place of chicken or beef. Simply add to your stir-fried vegetables, toss, and serve.

Anne's Tofu or Tempeh Sauté

Ingredients:

1 package extra-firm silken tofu or tempeh, cut into cubes
1 1/2 Tbsp. toasted sesame oil
1 1/2 Tbsp. tamari or shoyu (soy sauce)
1 tsp. very finely chopped fresh ginger or 1/2 tsp. ginger powder

Directions:

Combine sesame oil with tamari or shoyu and ginger. Add tofu or tempeh cubes and marinate at least 10 minutes. Sauté and serve with cooked brown rice or add to stir-fried vegetables and serve over cooked brown rice.

Garlic-Lemon Smoked Tofu

Ingredients:

1 package Smoke & Fire Lemon Garlic Smoked Tofu (or any baked tofu), cut into cubes

Directions:

Add to your cooked stir-fried vegetables, toss, cook until tofu is hot, and serve.