

Stir Fry Tonight

Stir fried dinners can be healthy meals for your family.

They are usually packed with lean meats, plenty of vegetables, rice or pasta and flavor.

Choose a variety of healthy vegetables:

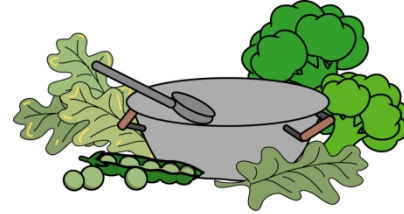
Red and green bell peppers	
Carrots	Broccoli
Bok choy	Spinach
Snow peas	Mushrooms
Green beans	Zucchini

Choose lean meats:

Boneless skinless chicken breast
Beef steak or roast
Pork steak or roast
Shrimp

Cut meat and vegetables in thin strips that will cook quickly.

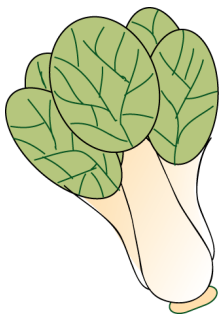
It's time to stir, fry and eat!



Easy Chicken Stir Fry

- 1 pound boneless chicken breast, cut into strips
- 2 tablespoons olive or canola oil
- 3 cups vegetables cut into thin strips
Try a variety of vegetables such as carrots, broccoli, bok choy, spinach, snow peas, mushrooms and zucchini
- ½ cup bottled stir fry sauce

- 1 Heat oil in a large skillet.** Add chicken strips and stir until meat is no longer pink, about 4 minutes.
- 2 Add vegetables to skillet.** Cook and stir until vegetables are tender and crisp, about 4 minutes. Add small amount of water while cooking to prevent vegetables from sticking.
- 3 Add the sauce and heat, about 3 minutes.** Serve over cooked rice.



Got leftover stir fry? Don't throw it away!

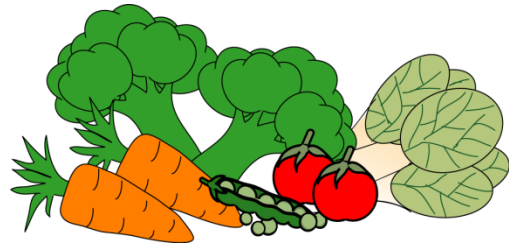
Leftovers can be kept in the refrigerator for up to 2 days.
Use leftovers for a quick meal later.

- ♥ **Serve leftover chicken or beef stir fry on top of a baked potato.** Sprinkle with shredded cheddar cheese if desired.
- ♥ **Roll leftover stir fry in a tortilla.** Add chopped tomatoes and lettuce if desired.
- ♥ **Serve leftover stir fry on top of chopped romaine lettuce.**
- ♥ **Heat and stuff stir fry into pita bread for a quick lunch.**
- ♥ **Serve stir fry on cooked rice or cooked noodles.**

EAT COLORFUL VEGETABLES

Orange Vegetables

Carrots
Pumpkin
Sweet Potatoes
Winter Squash



Dark Green Vegetables

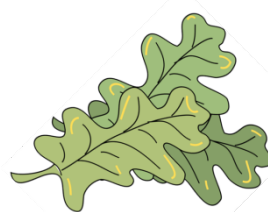
Broccoli
Spinach
Collards, Mustard Greens, Turnip Greens
Bok Choy
Kale
Romaine Lettuce
Dark Green Leafy Lettuce

Eat more Dark Green Vegetables...

- ♥ **Serve a dinner salad topped with meat, veggies and low fat salad dressing.**
Eat more salads with dark green lettuce such as romaine, leafy lettuce or spinach.
- ♥ **Serve a small salad with your dinner.**
Use dark green lettuce in a bag – it's fast, easy and often on sale!
- ♥ **Serve cooked broccoli on a baked potato.**
Top with taco cheese dip and salsa.
- ♥ **Combine raw broccoli, cauliflower, tomato slices and cooked pasta.** Toss with low fat Italian salad dressing.
- ♥ **Season cooked spinach, collards, mustard greens or turnip greens with finely chopped ham, salt and pepper.**
- ♥ **Try baby spinach.** The tender leaves taste great in salads and sandwiches.
- ♥ **Chop up spinach and add to spaghetti sauce, lasagna or pizza.**
It will look and tastes like an Italian herb.

... and more Orange Vegetables

- ♥ **Add shredded carrots to your salads, tacos and sandwiches.** More crunch and nutrition!
- ♥ **Add shredded carrots to soups, stews, stir fries and casseroles.** Cook and serve!
- ♥ **Snack on baby carrots or carrot sticks.**
- ♥ **Toss together sliced sweet potatoes and sliced apples.** Cover with a small amount of apple juice and dash of cinnamon. Bake in a 350° oven until potatoes are soft.
- ♥ **Bake a sweet potato in your microwave.** Top with margarine, cinnamon and maple syrup for a tasty treat!
- ♥ **Bake some winter squash.** Serve with margarine, salt and pepper.



**Fruits and vegetables
full of color
are also
full of nutrition!**