



# Stir Fry Vegetables

**Recipe HACCP Process:** #2 Same Day Service

**Serving Size:** ½ cup

**Yield:** 100

**Source:** JSI Back to Basics: Asian Fusion Recipe (adapted from: McCormick)

## Ingredients:

Ingredient Name	Measurements
Onions, raw, sliced	1 ¼ gal + 2 ¼ cups
Carrots, raw, sliced	2 ¾ qt + 2 Tbsp
Vegetable oil, canola	2/3 cup + 1 ½ tsp
Broccoli, raw, florets	2 ¾ gal + 2 cups
Peppers, sweet, bell, red, raw, sliced	1 ¼ gal + 2 ¼ cups
Soy sauce, reduced sodium	2/3 cup + 1 ½ tsp
Garlic powder	¼ cup + ½ tsp
Ginger, dried, ground	1 Tbsp + 1 ½ tsp
Sesame seeds, toasted, unsalted**	1/3 cup + 5 tsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

## Instructions:

1. Heat oil in a large tilt skillet on medium-high heat.
2. Add onions and carrots and stir fry for 5 minutes.
3. Add remaining vegetables and stir-fry for 10 minutes or until vegetables are tender-crisp.
4. Add soy sauce, garlic powder, ginger, and stir to blend.
5. Sprinkle with sesame seeds.
6. Hold for hot service at 135°F or higher.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	54.72 kcal
Total Fat	2.14 g
Saturated Fat	0.23 g
Trans Fat	0.01 g
Cholesterol	0.00 mg
Sodium	139.09 mg
Total Carbohydrate	8.25 g
Dietary Fiber	2.41 g
Total Sugars	3.28 g
Protein	2.03 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Vegetable	0.5 cup