



Stir Fry Vegetables

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

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

Ingredients:

Ingredient Name	Measurements
Onions, raw, sliced	2 quarts + 3 1/8 cups
Carrots, raw, sliced	4 ¾ cups + 1 Tbsp
Vegetable oil, canola	1/3 cup + ¾ tsp
Broccoli, raw, florets	4 ¾ quarts + 1 cup
Peppers, sweet, bell, red, raw, sliced	2 quarts + 3 1/8 cups
Soy sauce, reduced sodium	1/3 cup + ¾ tsp
Garlic powder	1/8 cup + ¼ tsp
Ginger, dried, ground	½ Tbsp + ¾ tsp
Sesame seeds, toasted, unsalted (optional)**	3 ½ Tbsp

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

***Note: Sesame seeds can be eliminated if there is a concern of an allergy.*

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 (if using).
6. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
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:

Meal Components	Amount
Vegetable	0.5 cup