What’s Cooking?

How to Make Vegetable Stir Fry:

Stir fries are one of my favorite go-to meals. They are super quick meals to make and one of the easiest ways for me to eat my veggies for the day! One of my favorite things about stir fry is that the combination of ingredients is endless, and they are also a really great meal to make if you are trying to use up all your vegetables before they go bad.

Typically, a stir fry consists of 4 main ingredients: Protein, aromatics, vegetables, and a sauce. Experiment with different combinations of ingredients from each category.

**Protein**
Almost any kind of protein can work well in a stir fry. Try using different cuts of beef, chicken, pork, and fish in your stir fry. Tofu and tempeh are great vegetarian options to add as well as steamed edamame (soybeans).

**Aromatics**
Onion or shallots, garlic, green onion (scallions), and ginger are the base of every stir fry. Choose a combination of at least two of these ingredients to include in your stir fry.

**Vegetables**
Just like protein, almost any kind of vegetable is great in a stir fry. The key to vegetables is to cut them all into small, thin, and even slices to promote fast cooking. Try a combination of at least two of these vegetables in your next stir fry: Cabbage (all kinds), peas, carrots, mushrooms, bell peppers, onions, zucchini, broccoli, cauliflower, spinach, bok choy, snow peas or sugar snap peas, green beans, kale, asparagus, and baby corn.

**Sauce**
Stir fry sauce typically features a combination of any of these ingredients — soy sauce, rice vinegar, sesame oil, brown sugar, ginger, honey, and cornstarch. Add in spices like red pepper flakes, or sauces like sriracha or hot sauce if you like your sauce to be spicier. Each of these ingredients is pretty strong, so I recommend starting with a small amount of each and then adding more to taste.

**Make it A Meal:**
Add your stir fry to a plate of any kind of rice, grain, or noodle to make it a meal, or eat it by itself! Try brown rice or quinoa for a grain-based stir fry or try topping your stir fry on noodles such as egg noodles, rice noodles, ramen, or lo mein.

Eating vegetables is an essential part of a healthy diet and is important for maintaining daily health. Vegetables are a great source of many important vitamins and nutrients such as fiber, iron, potassium, vitamin A and vitamin C. It is important to vary the colors of the vegetables you are eating because different colors of vegetables are associated with the different vitamins they provide. For example, orange-colored vegetables such as carrots and sweet potatoes are high in vitamin C. The USDA recommends that the average adult should consume 2-3 cups of vegetables per day.

How to Add Veggies into Your Diet:

-Add veggies to your smoothies. Try adding a handful of spinach or kale to your next smoothie. Carrots and celery are also popular vegetables to blend as a juice.

-Make veggies a part of your morning. Add veggies like peppers, mushrooms, spinach, and tomatoes to your eggs for a veggie scramble. Enjoy it by itself, eat it on a slice of toast, or add it to a breakfast burrito.

-Make vegetable-based soups. Add all sorts of vegetables to any kind of soup for added nutrients.

-Look for frozen vegetable mixes in the grocery store. They are just as nutritious as fresh vegetables and will last longer in your freezer!