

# Recipes Made Simple

Recipe Templates give you an easy step-by step guide to using foods that you already have on-hand that would otherwise go to waste.

**This handout includes:**

- A **STIR FRY Made Simple** template that can be used with any vegetables, such as squash, cauliflower, or carrots
- A recipe for **Chicken Stir Fry**, showing the **STIR FRY Made Simple** template using carrots, broccoli, and onion

## STIR FRY Made Simple

VEGETABLES	+	PROTEIN	+	FLAVOR	+	SAUCE	+	GRAINS
2-3 cups total, any combo Chopped		1 pound, cut into bite-sized pieces Choose any: Chicken Breast/Thigh Sirloin Steak Pork Tenderloin		1 tablespoon Choose any: Minced Garlic Minced Ginger		1/4 cup Low-Sodium Soy Sauce		1 cup, dry Choose any: Brown Rice Rice Noodles/ Whole Grain Pasta

1. Cook grains following package directions. While grains cook, make stir-fry.
2. In a large skillet over medium-high, heat 1 tablespoon oil. Add meat or poultry. Stir occasionally until just cooked through, about 4-6 minutes. Transfer to a plate.
3. Add veggies to skillet. Start with harder veggies first (e.g. green beans, onion, carrots, broccoli, cauliflower). As they begin to soften add softer veggies (e.g. zucchini, squash) and keep cooking. Total cooking time may be about 10 minutes.
4. If using garlic, add to skillet when all veggies are soft. Stir until fragrant, about 15 seconds.
5. If using peanut sauce or another thick sauce, remove pan from heat and stir in sauce. If using soy sauce, or other thin sauce, add to pan and bring to a boil. Cook until thickened, about 1—2 minutes.
6. Stir cooked meat or poultry into veggie mixture. Serve stir-fry over cooked grains.

## Chicken Stir Fry Servings per Recipe: 4

### Ingredients

- 1 lb. boneless chicken breasts, cut into bite-sized pieces
- 1 cup brown rice
- 1 cup carrots, chopped
- 1 cup onion, chopped
- 1 cup broccoli, chopped
- 1 tablespoon garlic, minced
- 1 tablespoon oil
- 3 tablespoons lemon juice
- 3 tablespoons low-sodium soy sauce
- 2 teaspoons cornstarch

### Directions

#### Stir-Fry Sauce

- In a small bowl, mix together lemon juice, soy sauce, and cornstarch. Set aside.

#### Stir-Fry

1. Cook rice following package directions. While rice cooks, make stir-fry.
2. In a large skillet over medium-high, heat 1 tablespoon oil. Add chicken. Stir occasionally until just cooked through, about 4-6 minutes. Transfer to a plate.
3. Add veggies to skillet. Cook until soft.
4. Add garlic to skillet. Stir until fragrant, about 15 seconds.
5. Add sauce to pan and bring to a boil. Cook until thickened, about 1—2 minutes.
6. Stir cooked chicken into veggie mixture. Serve stir-fry over cooked grains.

### Materials

Large skillet • Cutting board • Small bowl • Measuring cups • Measuring spoons • Sharp knife • Medium plate

### Chef's Notes

- Try using lime juice instead of lemon
- Add fresh herbs to finished stir fry, such as chopped cilantro
- **Source:** Adapted from Cooking Matters



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