7 Steps to Creating a Stir-fry

You don’t have to eat at a restaurant to enjoy a delicious stir-fry. Try making your own stir-fry using the foods in your pantry, refrigerator or freezer. You can start with fresh foods or use frozen vegetables.

1. Choose a protein.
   - 1 pound chicken, beef or pork cut in small, bite-sized pieces, OR one package of firm tofu cut into ½-inch cubes. For uniform cooking, cut the protein into similar-sized pieces.

2. Marinate protein in one of the following:
   - 3 to 4 Tbsp. soy sauce or teriyaki sauce, reduced-sodium
   - 3 to 4 Tbsp. chicken broth
   - 3 to 4 Tbsp. apple juice

3. Prepare produce.
   - 1 onion, cut into wedges
   - 1 to 2 cloves garlic, minced
   - 2 c. fresh vegetables (shredded carrots, shredded cabbage, sliced mushrooms, sliced celery, sliced peppers, zucchini, yellow squash, etc.) or substitute frozen stir-fry vegetables

4. Make a sauce and a glaze.
   - Sauce: ¼ c. chicken broth, ¼ c. soy sauce, 1 to 2 tsp. sugar, 2 to 4 tsp. vinegar
   - Glaze: 2 tsp. cornstarch plus 2 Tbsp. water or chicken broth

5. Cook the meat.
   - Turn skillet on high, add 1 Tbsp. oil and half of the protein. Stir-fry until fully cooked, about two to three minutes. Transfer to bowl and cover. Stir-fry the remaining protein.

6. Cook the veggies.
   - Add 2 Tbsp. oil. Stir-fry onion until tender, add garlic and then remaining vegetables. Cook the vegetables to the desired tenderness.

7. Combine the ingredients.
   - Return the meat to the pan with the veggies. Add sauce and stir gently until everything is coated evenly.
   - Stir in “glaze” and stir-fry until the sauce in the pan is glossy and thickened.
   - Serve immediately over rice or noodles.

Menu idea:
Stir-fry beef and broccoli over brown rice, fresh or canned pineapple and fat-free or low-fat milk

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Source: Adapted with permission from Utah State University.