

# Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



UNIVERSITY OF MINNESOTA | EXTENSION



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## Stir Fry Tonight

Stir fried dinners can be healthy meals for your family. They are usually packed with lean meats, plenty of vegetables, rice or pasta and flavor. Since stir fry's cook quickly, it keeps the heat out of the house.

### CHOOSE A VARIETY OF HEALTHY VEGETABLES:

- Red and green bell peppers
- Carrots
- Bok choy
- Snow peas
- Green beans
- Broccoli
- Spinach
- Mushrooms



### CHOOSE LEAN MEATS:

- Boneless skinless chicken breast
- Beef steak or roast
- Pork steak or roast
- Shrimp

Cut meat and vegetables in thin strips that will cook quickly.

### EASY CHICKEN STIR FRY

1 pound boneless chicken breast, cut into strips

2 Tablespoons olive or canola oil

3 cups vegetables cut into thin strips (Try a

variety of vegetables such as carrots, broccoli, bok choy, spinach, snow peas, mushrooms and zucchini)

1 dry stir fry seasoning packet

Heat oil in a large skillet. Add chicken strips and stir until meat is no longer pink, about 4 minutes.

Add vegetables to skillet. Cook and stir until vegetables are tender and crisp, about 4 minutes. Add small amount of water while cooking to prevent vegetables from sticking.

Add the sauce and heat, about 3 minutes. Serve over 1/2 cup cooked rice.

Ser 6: cal 258; fat 8g; carbs 11g; sodium 300 mg (Note: Sodium content will depend on seasoning packet.)

### Got leftover stir fry? Don't throw it away!

Leftovers can be kept in the refrigerator for up to 2 days. Use leftovers for a quick meal later.

- Serve leftover chicken or beef stir fry on top of a baked potato. Sprinkle with shredded cheddar cheese if desired.
- Roll leftover stir fry in a tortilla. Add chopped tomatoes and lettuce.
- Serve leftover stir fry on top of chopped romaine lettuce.
- Heat and stuff stir fry into pita bread for a quick lunch.
- Serve stir fry on cooked rice or cooked noodles.



## Eat Colorful Vegetables

### ORANGE VEGETABLES

- Carrots
- Pumpkin
- Sweet Potatoes
- Winter Squash



### DARK GREEN VEGETABLES

- Broccoli
- Spinach
- Collards, Mustard Greens, Turnip Greens
- Bok Choy
- Kale
- Romaine Lettuce
- Dark Green Leafy Lettuce



### Eat more Dark Green Vegetables

- Serve a dinner salad topped with meat, veggies and low fat salad dressing. Eat more salads with dark green lettuce such as romaine, leafy lettuce or spinach.
- Serve a small salad with your dinner. Use dark green lettuce in a bag—it's fast, easy and often on sale!
- Serve cooked broccoli on a baked potato. Top with taco cheese dip and salsa.
- Combine raw broccoli, cauliflower, tomato slices and cooked pasta. Toss with low fat Italian salad dressing.

### ...and more Orange Vegetables

- Add shredded carrots to your salads, tacos and sandwiches. More crunch and nutrition!
- Add shredded carrots to soups, stews, stir fries and casseroles. Cook and serve!
- Snack on baby carrots or carrot sticks.
- Toss together sliced sweet potatoes and sliced apples. Cover with a small amount of apple juice and dash of cinnamon. Bake in a 350 degree oven until potatoes are soft.
- Bake a sweet potato in your microwave. Top with margarine, cinnamon and maple syrup for a tasty treat!
- Bake some winter squash. Serve with margarine, salt and pepper.



## USDA Information Statements

This institution is an equal opportunity provider and employer. For more information about USDA anti-discrimination policy or to inquire about filing a complaint, go to <http://z.umn.edu/u76>.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the MN Food HelpLine at 1-888-711-1151.

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