



Veggie Stir Fry

Serves 16 Child Sized Portions (1 per Child Sized Portion)

Preparation time: 15 minutes

Cooking time: 15 minutes

Common allergens: soy, wheat

Equipment List

- Small bowl
- Knife
- Cutting board
- Large non-stick pan or wok
- Measuring cups and spoons
- Whisk
- Wooden spoon

Nutrition Information

Calories	39 calories
Total Fat	1.25 g
Saturated Fat	0.1 g
Sodium	259 mg
Carbohydrate	6 g
Fibre	1.8 g
Sugar	2.8 g
Protein	1.6 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Cauliflower, chopped into florets	1 whole	
Broccoli, chopped into florets	1 whole	
Red pepper, diced	1 whole	
Green pepper, diced	1 whole	
Baby corn	1 can, 15 oz.	425 g
Low salt (sodium) soy sauce	1/3 cup	80 mL
Low salt (sodium) chicken broth	1/4 cup	60 mL
Vinegar	2 tbsp.	30 mL
Sugar	1 tbsp.	15 mL
Garlic cloves, minced or crushed	2 cloves	
Cornstarch	1 tbsp.	15 mL
Olive or canola oil	1 tbsp.	15 mL

Instructions

1. Clean and chop the cauliflower, broccoli, red pepper and green pepper.
2. Open can of baby corn and drain out liquid.
3. In a small bowl, whisk together soy sauce, broth, vinegar, sugar, garlic and cornstarch.
4. Heat olive oil in a large non-stick pan or wok over medium-high heat.
5. Add cauliflower and sauté for five minutes.
6. Add broccoli, red pepper, green pepper and baby corn to pan with cauliflower and sauté until all vegetables are tender, about seven minutes.
7. Add soy sauce mixture to pan and coat vegetables.
8. Heat until the sauce becomes thicker, about two minutes.
9. Serve over cooked brown rice or whole-wheat pasta. Follow directions on the package.

Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks