

Cornell University
Cooperative Extension
New York City

Vegetable Stir-Fry

Yields 8 servings (½ cup each)

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 6 medium-sized carrots, shredded
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- ½ head cabbage, chopped (about 3 cups)
- 2 large peaches, chopped
- 1 tablespoon fresh cilantro, mint or basil, minced

Instructions

1. Heat oil in large skillet over medium heat. Add the garlic. Stir and cook about one minute until garlic turns golden. Do not allow garlic to brown.
2. Stir in carrots, green pepper, onion, and cabbage. Stir and cook for about 6-8 minutes. Add small amounts of water as needed.
3. Add peaches. Add herbs. Cover and cook 1-2 minutes or until tender.

Helpful Information

- Cooking with fresh garlic and herbs makes food taste good - so you can use no salt!
- Serve as a main dish by adding cooked pieces of lean meat, poultry or fish. Delicious with rice, noodles or in pita bread.

Source: CUCE-NYC FMNP Recipe Collection 2015

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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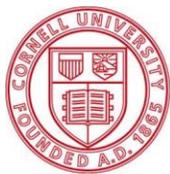
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Nutrition Facts

Serving Size 1/2 cup
Servings Per Recipe 8 servings

Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 2g	
Vitamin A 90%	• Vitamin C 70%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





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Vegetales “Estilo Oriental”

Rinde 8 raciones (1/2 taza cada una)

Ingredientes

- 1 cucharada de aceite de oliva
- 1 diente de ajo, picado en trozos pequeños
- 6 zanahorias medianas, ralladas
- 1 pimiento verde mediano, picado finamente
- 1 cebolla mediana, cortada
- 3 tazas de repollo, cortado
- 2 duraznos grandes (1 taza picada), cortados
- 1 cucharada de cilantro, menta, o albahaca fresca, cortada

Instrucciones

1. Caliente el aceite en un sartén grande. Añada el ajo. Sofríalo y cocínelo por un minuto hasta que el ajo se dore. No deje que el ajo se queme.
2. Agregue las zanahorias, el pimiento verde, la cebolla, y el repollo. Mézclelos y cocínelos por 6 o 8 minutos. Si necesita, añada un poco de agua.
3. Agregue los duraznos. Agregue las hierbas. Cubra y cocine por 1 o 2 minutos o hasta que estén suaves.

Información Útil

- Cocinar con ajo fresco y hierbas hacen que la comida sepa deliciosa– ¡así no usa sal!
- Sirva como plato principal añadiendo trozos cocidos de carne magra, pollo, o pescado. Delicioso con arroz, tallarines, o pan de pita.

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Nutrition Facts

Serving Size 1/2 cup

Servings Per Recipe 8 servings

Amount Per Serving

Calories 80 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **16%**

Sugars 8g

Protein 2g

Vitamin A 90% • Vitamin C 70%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.

