

## Your Choice Stir-Fry

Prep time: 30 minutes • Cook time: 15 minutes • Serves 6 • Serving size: 3 ounces meat, 2½ cups vegetables

Each serving has: 7 grams carbohydrate • 7 grams fiber • 0 grams nutritive carbohydrate  
• 25 grams total protein • 21 grams from animal source • 4 grams from plant source

Protein	Veggie A	Veggie B	Crunch	Necessities
1 lb. beef top round, partially frozen and thinly sliced	1 cup broccoli florets	1 cup fresh mushrooms, thinly sliced	1 cup walnut pieces	⅓ cup water; 2 tsp. cornstarch
1 lb. boneless pork, partially frozen and thinly sliced	1 cup fresh asparagus, cut into 1-inch lengths	2 cups chopped Chinese cabbage	1 cup dry-roasted peanuts	2 TB. soy sauce; 1 TB. dry sherry (or bouillon granules and water)
2 whole large boneless chicken breasts, skinned and cut into 1-inch pieces	2 large carrots, thinly bias sliced	1 cup pea pods, halved lengthwise	2 stalks celery, thinly sliced	2 TB. oil; 1 clove garlic, minced; 4 green onions, thinly sliced
1 lb. medium shrimp, peeled and deveined	½ cup cauliflower florets, thinly sliced	2 medium tomatoes, cut into wedges and seeded	1 (8-oz.) can sliced water chestnuts, drained	½ cup bean sprouts or bamboo shoots, no liquid

Choose ingredients from each of the first four columns. Use all ingredients in the last column, Necessities, in every recipe. Prepare all ingredients as needed before the cooking begins.

Combine water, cornstarch, soy sauce, and sherry, and set aside.

In a covered saucepan, cook Veggie A in boiling salted water for 3 minutes. Drain well and set aside.

In a large wok or a skillet, heat oil and stir-fry garlic and green onions. Add Crunch ingredient and bean sprouts. Stir-fry 1 to 2 minutes. Remove from the pan and set aside.

Add more oil, if needed. Add ½ Protein choice, and stir-fry 2 to 3 minutes or until browned. Remove from the pan and set aside while cooking remaining Protein choice. Return all Protein food to pan, and add Crunch ingredient mixture.

Stir in soy sauce mixture, and cook until thickened and bubbly. Stir in Veggies A and B; cover and heat 1 minute.

