

Veggie Stir-Fry With Ginger

The standout ingredient in this flavorful dish is ginger. Ginger is a very aromatic spice that is popular throughout China, particularly in Szechuan and Cantonese inspired recipes. Give your menu new life with this simple side dish.

Makes: 6 servings **Prep time:** 5 minutes
Cook time: 7 minutes



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INGREDIENTS

- 2 tablespoons** water
- 1 teaspoon** cornstarch
- ½ teaspoon** sugar, granulated
- ¼ teaspoon** salt, table
- 1 teaspoon** canola oil
- ¾ cup** carrots, frozen, sliced
- ¾ cup** green beans, frozen, cut
- 1 cup** broccoli, frozen, chopped
- 1 teaspoon** ginger, fresh, grated

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DIRECTIONS

- 1.** In a small bowl, whisk together water, cornstarch, sugar, and salt until smooth. Set aside.
- 2.** Heat oil on medium–high heat in a wok or small skillet.
- 3.** Add carrots, green beans, and broccoli to the hot skillet. Cook for 3 minutes. Stir frequently.
- 4.** Add ginger and cook 2–3 minutes or until vegetables are tender. Heat to 140 °F for at least 15 seconds.
- 5.** Add mixture from step 1 and cook for 1 minute, stirring constantly. Cook until vegetables are coated with sauce.
- 6.** Serve ¼ cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ¼ cup.

Nutrients	Amount
Calories	23
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	104 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	16 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.