



# Veggie Stir-Fry With Ginger

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

### CACFP CREDITING INFORMATION

1/4 cup provides 1/4 cup vegetable.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water	8 oz	1 cup	16 oz	2 cup	<b>1</b> In a small bowl, whisk together water, cornstarch, sugar, and salt until smooth. Set aside.  <b>2</b> Heat oil on medium-high heat in a wok, tilting skillet, or skillet:  For 25 servings, use 1 extra-large skillet. For 50 servings, use 2 extra-large skillets.
Cornstarch		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Sugar, granulated		2 tsp		1 Tbsp 1 tsp	
Salt, table		1 tsp		2 tsp	
Oil, canola		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

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Carrots, frozen, chopped	12½ oz	3 cup	1 lb 9 oz	1 qt 2 cup	<b>3</b> Add carrots, green beans, and broccoli to the hot skillet. Cook for 4 minutes. Stir frequently.
Beans, green, frozen, cut	12½ oz	3 cup	1 lb 9 oz	1 qt 2 cup	
Broccoli, frozen, chopped	14½ oz	1 qt	1 lb 13 oz	2 qt	
Ginger, fresh, grated		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<b>4</b> Add ginger, and cook 4–5 minutes or until vegetables are tender. Add mixture from step 1, and cook for 2 minutes. Stir constantly. Cook until vegetables are coated with sauce.  Critical Control Point: Heat to 140°F or higher for at least 15 seconds.



## NUTRITION INFORMATION

For ¼ cup.

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

N/A=data not available.

## YIELD/VOLUME

25 Servings	50 Servings
2 lb 9¼ oz 1 qt 2¼ cup	5 lb 2½ oz 3 qt ½ cup