



The Art of Stir Frying

Stir Fried Rice

3 c. rice, cooked and chilled
1 large onion diced
1 cup diced ham
3 eggs scrambled
1 tsp freshly grated ginger
3 garlic cloves, minced
½ cup diced carrots
Soy sauce to taste
Garlic
oil

Salt and fresh-cracked pepper to taste

1. Heat garlic oil in wok.
2. Add onion, ham, ginger, carrots and stir fry until fragrant.
3. Add rice and stir fry for about 4 minutes.
4. Add eggs, season with soy sauce, salt and pepper.

Stir Fried Vegetables

1 cup carrots, diced
1 cup bell peppers, chopped
1 cup zucchini, chopped
1 cup summer squash, chopped
1 cup snow peas, de-veined
1 cup broccoli, bite sized chopped
1 large onion, diced
2 tbsp minced garlic
Basil
oil

Salt and fresh-cracked pepper

1. Heat oil in wok.
2. Add vegetables and stir fry for about 5 minutes.
3. Serve and enjoy.

Nutritional Analysis

Serving Size: ¾ cup fried rice with 2 cups vegetables

Calories	370	130
Total Fat	14g	7g
Saturated Fat	3g	1g
Cholesterol	195mg	0mg
Sodium	740mg	35mg
Carbohydrates	41g	14g
Dietary Fiber	2g	4g
Protein	19g	3g

Diabetic Exchanges:

Protein	2	0
Carbohydrates	3	1
Fat	3	1