

The Art of Stir Frying



Recipes Courtesy Chef Bryan Woolley

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 garlic 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.

Nutrition Facts - Serving: ¾ cup fried rice and 2 cups vegetables

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