

## Vegetable Stir-Fry

1 tablespoon vegetable oil  
1 small onion, chopped  
½ cup washed, raw potatoes cut into thin strips  
½ cup fresh carrots, thinly sliced  
½ cup fresh green beans, cut in 2-inch pieces  
½ cup fresh pea pods, cut in half or leave whole  
½ cup celery, thinly sliced  
1 tablespoon soy sauce

In a large skillet, heat the oil. Add onions to the skillet. When onions are soft, add potatoes. When potatoes are almost soft, add carrots, beans, peas and celery, stirring quickly until vegetables are tender but still crisp, about 6 to 8 minutes.

Stir in soy sauce; cover skillet and let steam for 3 minutes. Serve with rice, pasta, or your favorite grain. Serves 3; 95 Cal; 5 g fat.



Brought to you by Sherry Tanumihardjo, UW-Extension, and Jennifer Keeley, Bureau of Aging and Long Term Care Resources, WI.  
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