



Create Your Own Stir-fry

In addition to the attractive variety of colours, tastes, and textures which you can create with a stir-fry, they can also be very health promoting when the following distinctions are made. Stir-fries, when done with health in mind, can promote a balanced variety of nutrients in your diet. Stir-frying is a fast and convenient change to typical meat-based dietary plans. With stir-fries you can still use meats, but you are encouraged to use them more for flavouring than as staples in your diet. The quick cooking of vegetables at high heat seals in the flavours and vitamins which are so often destroyed during traditional North American methods of cooking (e.g. boiling, frying and baking).

Stir-frying Tips:

- you can prepare your vegetables up to a day in advance and store them in a crisper
- stir-fry in heat resistant oils like sesame or olive oil, and occasionally peanut oil (although it is less desirable, due to its relatively high arachidonic acid content)
- to ensure even cooking cut your vegetables the same size
- after washing your vegetables pat them dry, wet vegetables will splatter the oil when put in the wok
- sliver meat against their grain
- add any tofu near the end to prevent it from breaking apart into tiny pieces
- put your stir-fry over a bed of rice, any other grain or a whole-grain pasta

High-Protein Ingredients:

- slivered chicken or turkey, shrimp, scallops, fresh ocean fish, duck, slivered lamb or beef, organic tofu, or pre-cooked lentils and legumes

Tender Vegetables:

- snow peas, asparagus, mung bean sprouts, spinach, kale, bok choy, watercress, scallions, broccoli, cauliflower, leeks, swiss chard, zucchini, sea vegetables or grain sprouts

Hearty Vegetables:

- onion, carrots, green beans, celery, water chestnuts, artichokes, mushrooms, sweet peppers, parsnips, corn, eggplant

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Toppings:

- slivered almonds, pine nuts, cashews, sesame seeds, green onions, sunflower seeds, grated ginger

Herbs and Spice Suggestions: (mix as per your taste buds)

- garlic (preferably fresh), tumeric, curry, parsley, ginger, mustard, dill, basil, etc. ...

Sauces: (to be added *after* cooking)

Sauce #1: (Basic)

- 1 tbsp. Wheat-free tamari
- 5 tbsp. Pure water
- 1 Clove of garlic
- 2 tsp. Freshly grated ginger
- 1 tsp. Tapioca or arrowroot flour

Sauce #2: (Honey and Garlic)

- 1/4 cup Wheat-free tamari
- 1/4 cup Pure honey
- 1-2 Cloves of garlic
- 1 tbsp. Tapioca or arrowroot flour

Sauce #3 (Sweet and Sour)

- 1 tbsp. Wheat-free tamari
- 4 tbsp. Pineapple juice
- 1/2 tsp. Apple cider vinegar or lemon juice
- 1 Clove of garlic
- 1 tsp. Freshly grated ginger
- 1 tsp. Tapioca or arrowroot flour

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- for each sauce combine all ingredients and set aside
- just before you use it, give it a final stir because the flour settles on the bottom

Directions for Stir-frying:

- you will need a wok or large frying pan and a wok flipper or wooden spoons
- if serving the stir-fry over a bed of rice, grains or pasta, be sure to cook these first as they take longer to cook than your stir-fry
- wash, chop and pat dry all vegetables and sliver your flesh foods before starting
- put all ingredients beside your wok or frying pan
- pour 3 tbsp. of sesame or olive oil into wok and heat on medium-high for about 1 minute or when oil starts to bubble
- stir-fry flesh foods first by tossing ingredients quickly for 2-5 minutes, then push up the side of the wok, away from the hot oil
- add choice of hearty vegetables, stir-fry for approx. 3 minutes, until vegetables are slightly tender but still crunchy
- add your tender vegetables and any tofu at this point, stir-fry for one minute
- add the sauce, spices and herbs, just long enough to heat and blend
- if vegetables are too crisp for your taste cover your wok, turn the heat to low and let stand for a minute or two
- serve over a bed of rice, grains or pasta
- add any of the suggested toppings or even just fresh parsley is nice

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