

Vegetables and Chicken Stir Fry

1. **Prepare meat.** Cut it into thin strips, or cubes.
 2. **Prepare your vegetables as needed.** Peppers should be cut into thin slices, onions chopped, etc.
 3. **Heat up your wok.** Usually a wok is at temperature when it starts smoking.
 4. **Put a small amount of oil (1-2 tablespoons) in your wok.** If you want more flavor in the meat, you can add a small amount of soy sauce to the oil.
 5. **Add your meat, constantly stirring it until it is just cooked through (this requires about 5 minutes).**
 6. **Add any flavoring additions you want, like onions and garlic next.**
 7. **Add any vegetables you want (for example, bean sprouts or vegetables from a ready-made packet).** If you are adding fresh vegetables, add the ones that require the least cooking (like mushrooms) last.
 8. **Add any stir fry sauce you are using at the very end.** It is best not to add too much sauce at once, as too much can make the vegetables soggy in addition to lowering the heat of the wok.
 9. **Wait about 3-4 minutes, the vegetables and sauce should be done, and you can serve.**
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Nutrition Information on Asparagus/Chicken Stir Fry *Based on a 2000 cal per day diet*

<u>Food Items</u>	<u>Cals</u>	<u>Fat</u>	<u>Cholesterol</u>	<u>Protein</u>	<u>Serving size</u>
Great Value Asparagus Stir Fry	25	0g	0g	2g	1 Cup
Kirkwood Chicken Tenderloins	90	.5g	45mg	22g	about 2 pieces
Mezzetta Peperoncini	10	0g	0g	0g	12 pieces
Onions	16	.04g	0g	.44g	¼ Onion
Tuscan Garden Lg. Bk. Olives	25	2.5g	0g	0g	4 Olives
Total Information Values	166	3.04g	45mg	24.44g	

Compare that to:

12" Blimpie Special Vegetarian Sandwich 1186 cal 60g fat (19g Saturated)

Sure a Special Vegetarian sandwich sounds healthy, but this 12" monster comes with 3 different kinds of cheese and a thick oil slick for taste. Sometimes "healthy" isn't so healthy. Be smart, do your homework and know what you're doing to yourself.
