

PREPARATION: 30 MINUTES

COOKING: 10 MINUTES

SERVINGS: 4

VERSATILE STIR FRY

Nutrient Analysis

PER SERVING: ¼ of recipe

RENAL EXCHANGE: 4 Meat + 2 Starch + 1 Vegetable + 3 Fat

Calories	589 Kcal	Sodium	330 mg
Protein	33 g	Potassium	605 mg
Total Carbohydrate	43 g	Phosphorus	318 mg
Fiber	4 g	Calcium	125 mg
Sugars	11 g	Iron	5 mg
Fat	43 g	Magnesium	62 mg
Saturated	7 g	Vitamin C	15 mg
Cholesterol	94 mg		

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
 Dialysis
 Transplant



VERSATILE STIR FRY

INGREDIENTS

1 lb of beef, cut into strips

1 cup yellow or green zucchini,
sliced and halved

1 cup frozen baby peas

2 cloves of garlic, chopped

2 tablespoons finely chopped
ginger

1 teaspoon (½ of a small) seeded
fresh hot pepper, chopped fine
(or ½ teaspoon dried pepper
flakes)

¼ cup vegetable oil

2 tablespoons sesame oil

¾ cup green onions, slivered



1 tablespoon low salt soy sauce

3 tablespoons mirin
(Japanese sweet cooking
seasoning)

50 g (1.7 oz) rice vermicelli
(uncooked)

2 tablespoons toasted sesame
seeds*

PREPARATION

- 1 Bring 2 quarts of water to a boil.
- 2 Cut and prepare vegetables and meat, being careful to cut vegetables before raw meat if using the same cutting board.
- 3 In a deep pan or flat bottom wok, warm half the oils until hot and add meat, garlic, ginger and hot peppers (optional), searing quickly on all sides.
- 4 Remove with slotted spoon and keep warm nearby. Add the remaining oil to the pan, heat and add zucchini, peas and green onions and cook for 3 minutes, tossing or stirring frequently.
- 5 Return meat and spice mixture to pan and add soy sauce and mirin, cook an additional 2 minutes.
- 6 Meanwhile, cook noodles in boiling water according to directions. Toss meat and vegetables with noodles and sprinkle with sesame seeds. Serve immediately. (This is also a nice topping for basmati rice).

SUGGESTION

- ✓ *Recipe can easily be halved.*
- ✓ *Instead of beef you can use stripped pork loin, chicken or shrimp.*

* To toast sesame seeds: Add white sesame seeds to an aluminum or stainless steel pan. Stir seeds over medium-low heat until golden brown.

Presented by

Favorably reviewed by