

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

## 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.

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