



**Cornell University**  
Cooperative Extension  
New York City



## Vegetable Stir-Fry

Yields 8 servings (½ cup each)

### Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 6 medium-sized carrots, shredded
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- ½ head cabbage, chopped (about 3 cups)
- 2 large peaches, chopped
- 1 tablespoon fresh cilantro, mint or basil, minced

### Instructions

1. Heat oil in large skillet over medium heat. Add the garlic. Stir and cook about one minute until garlic turns golden. Do not allow garlic to brown.
2. Stir in carrots, green pepper, onion, and cabbage. Stir and cook for about 6-8 minutes. Add small amounts of water as needed.
3. Add peaches. Add herbs. Cover and cook 1-2 minutes or until tender.

### Helpful Information

- Cooking with fresh garlic and herbs makes food taste good - so you can use no salt!
- Serve as a main dish by adding cooked pieces of lean meat, poultry or fish. Delicious with rice, noodles or in pita bread.

**Source:** CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

<b>Nutrition Facts</b>	
Servings Per Recipe	8 servings
Serving size	½ cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	6%
Potassium 410mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Label analysis based on ingredients listed.</small>	

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.





## Vegetales “Estilo Oriental”

Rinde 8 raciones (1/2 taza cada una)

### Ingredientes

- 1 cucharada de aceite de oliva
- 1 diente de ajo, picado en trozos pequeños
- 6 zanahorias medianas, ralladas
- 1 pimiento verde mediano, picado finamente
- 1 cebolla mediana, cortada
- 3 tazas de repollo, cortado
- 2 duraznos grandes (1 taza picada), cortados
- 1 cucharada de cilantro, menta, o albahaca fresca, cortada

### Instrucciones

1. Caliente el aceite en un sartén grande. Añada el ajo. Sofríalo y cocínelo por un minuto hasta que el ajo se dore. No deje que el ajo se queme.
2. Agregue las zanahorias, el pimiento verde, la cebolla, y el repollo. Mézclelos y cocínelos por 6 o 8 minutos. Si necesita, añada un poco de agua.
3. Agregue los duraznos. Agregue las hierbas. Cubra y cocine por 1 o 2 minutos o hasta que estén suaves.

### Información Útil

- Cocinar con ajo fresco y hierbas hacen que la comida sepa deliciosa– ¡así no usa sal!
- Sirva como plato principal añadiendo trozos cocidos de carne magra, pollo, o pescado. Delicioso con arroz, tallarines, o pan de pita.

**Source:** CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

Por favor vea videos de recetas en nuestro canal de YouTube: **Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA’s Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University’s heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

## Nutrition Facts

Servings Per Recipe 8 servings  
Serving size 1/2 cup

Amount per serving  
**Calories 80**

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 45mg 2%

**Total Carbohydrate** 15g 5%

Dietary Fiber 4g 14%

Total Sugars 9g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 54mg 4%

Iron 1mg 6%

Potassium 410mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label analysis based on ingredients listed.

