



Vegetable Stir Fry Blend, Frozen

MyPlate Food Group: **Vegetable**

USDA
Foods

Nutrition Information

- 1 cup of frozen mixed vegetables counts as 1 cup from the MyPlate Vegetable group.
- All types of vegetables—fresh, frozen, canned, dried, and even vegetable juice, count towards your MyPlate Vegetable goal, which varies by age and can be found at www.myplate.gov/vegetables.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- A small amount of sodium is found naturally in fresh and frozen vegetables. Avoid cooking with salt to reduce overall intake of sodium.

Uses and Tips

- Frozen vegetable stir fry blend is ready-to-cook, which means you can cook it right out of the bag without thawing.
- A vegetable stir fry blend adds color, texture, flavor, and important vitamins and minerals to any meal!
- Try it with rice, pasta, eggs, tortillas, casseroles, mixed with other vegetables or meats, or heated on its own as a side dish.
- Dress up boxed mac and cheese or other boxed mixes by adding a cup of cooked vegetable stir fry blend.

Storing Foods at Home

- Store unopened bags of frozen vegetable stir fry blend in the freezer. Once open, seal the bag well and return to the freezer or store contents in a freezer-safe resealable food storage bag.
- Store cooked and cooled vegetable stir fry blend in an airtight container in the fridge, and eat within 3 days.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many people do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Veggie Breakfast Burrito

Makes 2 servings

Ingredients:

- 1 teaspoon of vegetable or olive oil
- 1 cup frozen vegetable stir fry blend
- 4 eggs, beaten, or 1 cup prepared egg mix
- 2 whole grain tortillas
- ¼ cup cheese, shredded

Directions: Wash hands with soap and water.

1. In a large skillet, heat oil over medium heat.
2. Add the vegetables and cook until tender, about 5 minutes.
3. Add eggs and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 seconds.
5. Place half of the egg and vegetable mixture in each tortilla and sprinkle with half of the cheese.
6. Wrap the tortilla around the ingredients and enjoy!

Recipe adapted from CalFresh.

Veggie Stir Fry

Makes 4 servings

Ingredients:

- ¾ cup rice, cooked according to package directions
- 1 tablespoon vegetable or olive oil
- 8 ounces ground meat of choice
- 4 teaspoons low sodium soy sauce
- 3 cups frozen vegetable stir fry blend
- ½ teaspoon ground black pepper

Directions: Wash hands with soap and water.

1. In a large skillet, heat oil over medium heat. Add ground meat and cook until brown, stirring often. Reduce heat to low.
2. When meat is fully brown, drain to remove excess fat.
3. Add the soy sauce to the cooked meat.
4. Add cooked rice, frozen vegetable blend, and black pepper.
5. Increase heat to medium-high. Cook and stir for about 5 minutes or until vegetables are tender and mixture is hot.
6. Spoon even amounts onto 4 plates and serve immediately.

Recipe adapted from Arizona Health Zone.