



EPISODE 2: STIR UP SOME FUN

Green Bean Stir-fry

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| 1½ lbs. green beans (ends removed) | 2 cloves fresh garlic (minced) |
| 1 red bell pepper (julienned) | ¼ C. white wine |
| ½ lb. yellow squash (seeded and sliced) | ¼ C. fresh dill (chopped) |
| ½ red onion (julienned) | 2 tbsp. fresh lemon juice |
| 1 tsp. salt | 2 C. cooked brown rice |
| ½ tsp. pepper | 1 C. diced chicken, beef or pork (optional) |
| 1 tbsp. olive oil | |

Directions

Add olive oil in a large sauté pan over medium high heat. Add green beans and sauté for 5 to 7 minutes. Add yellow squash, onion, and garlic to pan and sauté over medium heat 4 to 6 minutes. Pour in white wine to deglaze the pan and reduce wine by half. Add salt, pepper, dill, and lemon juice and toss well.

If including chicken, beef or pork, dice and sauté the meat in the olive oil for one minute prior to adding the other ingredients. Follow the rest of the directions as noted.

Apple Rice Stir-fry

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| 1 tbsp. butter | 2 C. cooked brown rice |
| 1 C. carrots (julienned) | ½ C. seedless raisins |
| 1 C. green onions (chopped) | 1 tbsp. sesame seeds |
| 2 C. unpeeled apples (cored and diced) | ½ tsp. salt |

Directions

Heat butter in large skillet over medium-high heat. Cook and stir carrots 3 to 5 minutes until tender-crisp. Add chopped green onions and diced apples; cook 3 to 5 minutes. Stir in rice, raisins, sesame seeds and salt. Continue stirring in skillet 1 to 2 minutes, or until thoroughly heated.