



Vegetable Stir-Fry

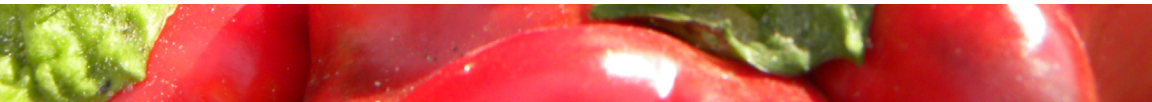
1 tablespoon vegetable oil
2 chicken breasts, cut into strips
(optional)
1/2 cup celery, diced
1/2 cup onions, chopped

3 cups seasonal, fresh
vegetables
1 tablespoon soy sauce
pepper to taste

Chop or dice vegetables. Heat frying pan or wok over high heat. Add oil to pan. Stir-fry onion for 3 minutes. Add seasonal vegetables. Stir fry 3 minutes or until all vegetables are tender-crisp. Add soy sauce and pepper and stir to blend. Serve over rice.



Shop at a farmers market, make this recipe, share your photo. #FarmersMarketsMI



Farmers Market Food Safety Tips

Produce can become contaminated with other pathogens from the soil or from contaminated water. To protect your family:

- Wash hands thoroughly with soap and warm water for 20 seconds before and after handling fresh produce
- Refrigerate or chill most produce right away
- Thoroughly wash all fresh produce under cool, running water
- Scrub firm produce with a clean, hard-bristle brush
- Don't cross-contaminate produce with raw meat, fish, poultry or eggs

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.