



Stir-Fry Potato Salad

Cook Time: 30 minutes

Prep Time: 15 minutes

Cost per serving: \$0.34

What you need:

Utensils:

- Knife & cutting board
- Large skillet or wok
- Heat safe stirring spoon
- Small bowl
- Measuring cups & spoons

Ingredients:

- 4 medium potatoes, halved length-wise and thinly sliced
- 1 cup carrots, diagonally-sliced
- 1 cup celery, diagonally-sliced
- 1½ cups green bell pepper strips
- ⅓ cup sliced onions
- 1 garlic clove, minced (optional)
- 1 large tomato, cut into wedges (optional)
- 3 tablespoons canola oil, divided
- ½ cup water
- 2 tablespoons soy sauce, light or low sodium
- 1½ teaspoons cornstarch

What to do:

1. Wash hands and cooking area.
2. Wash and cut potatoes, carrots, celery.
3. In a large skillet or wok, heat 1½ tablespoons of oil.
4. Add potatoes; cook and stir over medium-high heat until almost tender, about 20 minutes.
5. Remove potatoes and keep warm.
6. Heat remaining 1½ tablespoons oil in skillet.
7. Add carrots, celery, peppers, onions and garlic. Cook and stir 3 or 4 minutes until vegetables are crisp-tender.
8. In a small bowl combine water, soy sauce and cornstarch.
9. Add potatoes and cornstarch mixture to vegetable mixture in skillet. Cook and stir about 2 minutes, just until sauce thickens and mixture is heated through.
10. Spoon onto platter and garnish with tomato wedges, if desired.



**BETTER LIVING
FOR TEXANS**

Deanne Garrett

Better Living for Texans
Program Assistant

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040

Fax: (832) 471-2400

WEBSITE:

<http://fortbend.agrilife.org>

EMAIL:

deanne.garrett@ag.tamu.edu

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Nutrition Facts

Serving Size about 1 cup stir-fry and 1 tomato wedge	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 4g	
Vitamin A 70%	Vitamin C 80%
Calcium 4%	Iron 8%