

EATINGWELL

HEALTHY STIR-FRY RECIPES



Three-Pea,
Cashew &
Tofu Stir-Fry

Szechuan
Tofu &
Green Bean
Stir-Fry

Saucy
Coconut-
Chicken
Stir-Fry

Thai
Chicken &
Mango
Stir-Fry

Spicy Beef
with
Shrimp &
Bok Choy

Pork & Bok
Choy Stir-Fry

Tangelo Pork
Stir-Fry

Salt & Pepper
Shrimp

Healthy Stir-Fry Recipes

THREE-PEA, CASHEW & TOFU STIR-FRY

☒ Heart Health ☐ Diabetes
☐ Weight Loss ☒ Gluten Free

ACTIVE: 50 MIN **TOTAL:** 50 MIN

Pressing tofu before making this tofu stir-fry recipe gives it a chewy, satisfying texture.

Three green peas—sugar snaps, snow peas and shelling peas—balance it out with brightly flavored crunch. Hoisin—a dark brown, thick, spicy-sweet sauce made from soybeans and a complex mix of spices—gives the stir-fry rich depth of flavor with just one ingredient. Look for it, as well as chile-garlic sauce, in the Asian section of the market.

- 1 14-ounce package water-packed extra-firm or firm tofu, drained
- 3 tablespoons hoisin sauce
- 2 tablespoons reduced-sodium soy sauce
- ½ teaspoon chile-garlic sauce
- 2 tablespoons canola oil, divided
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 2½ cups sugar snap peas (8 ounces), trimmed
- 2¼ cups snow peas (8 ounces), trimmed
- 1 cup peas, fresh or frozen (thawed)
- ½ cup lightly salted cashew halves and pieces

1. Fold a clean kitchen towel and place it on a cutting board or large plate. Set tofu on the towel. Put another folded clean towel over the tofu and place a flat, heavy weight (such as a heavy skillet) on top; drain for 30 minutes.

2. Whisk hoisin sauce, soy sauce and chile-garlic sauce in a small bowl.

3. Cut the pressed tofu into ½-inch cubes. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat until it shimmers. Add the tofu and cook, turning occasionally, until browned, 6 to 8 minutes. Transfer to a plate.

4. Return the skillet to the heat and add the remaining 1 tablespoon oil. Stir in onion, garlic and ginger; cook, stirring often, until fragrant, about 1 minute. Add snap peas, snow peas and peas; cook, stirring often, until bright green, 2 to 3 minutes. Return the tofu to the pan along with the hoisin mixture and



cashews; cook, stirring, until heated through, about 1 minute.

SERVES 4: ABOUT 1¼ CUPS EACH

Per serving: 356 calories; 20 g fat (3 g sat, 10 g mono); 0 mg cholesterol; 31 g carbohydrate; 3 g added sugars; 17 g protein; 7 g fiber; 568 mg sodium; 489 mg potassium.

Nutrition bonus: Vitamin C (75% daily value), Calcium & Iron (30% dv), Magnesium (28% dv), Vitamin A (26% dv), Folate (21% dv), Zinc (16% dv).

Healthy Stir-Fry Recipes

SZECHUAN TOFU & GREEN BEAN STIR-FRY

- ✓ Heart Health
- ✓ Diabetes
- ✓ Weight Loss
- ✓ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

This spicy vegetarian stir-fry is a great way to use green beans when they're bountiful and inexpensive at the supermarket. You can also try it with other vegetables, such as broccoli or peppers, just make sure to cut them into small pieces so that they cook quickly. Coating the tofu in cornstarch before you cook it gives it a light crust.

- 1/2 cup water, divided
- 1/4 cup reduced-sodium soy sauce
- 1 tablespoon tomato paste
- 2 teaspoons Chinkiang vinegar (see Tip) or balsamic vinegar
- 2 teaspoons sugar
- 1/4-1/2 teaspoon crushed red pepper, or to taste
- 1 teaspoon plus 2 tablespoons cornstarch, divided
- 1 14-ounce package extra-firm tofu, drained
- 2 tablespoons canola oil, divided
- 4 cups green beans, trimmed and cut in half
- 4 cloves garlic, minced
- 2 teaspoons minced fresh ginger

1. Whisk 1/4 cup water, soy sauce, tomato paste, vinegar, sugar, crushed red pepper to taste and 1 teaspoon cornstarch in a small bowl. Set aside. Cut tofu into 1/2- to 3/4-inch cubes and pat dry. Toss the tofu in a bowl with the remaining 2 tablespoons cornstarch to coat.

2. Heat 1 tablespoon oil in a wok or large skillet over medium-high heat. Add the tofu and spread out across the surface of the pan. Let cook undisturbed for 2 minutes. Gently turn and stir. Continue cooking, stirring occasionally, until lightly browned and crispy, 2 to 3 minutes more. Transfer to a plate.

3. Reduce heat to medium. Add the remaining 1 tablespoon oil to the pan. Add green beans, garlic and ginger; cook, stirring constantly, for 1 minute. Add the remaining 1/4 cup water, cover and cook until the beans are crisp-tender, 2 to 4 minutes. Stir the



TIP:

Chinkiang is a dark, slightly sweet vinegar. It is available in many Asian specialty markets. If unavailable, balsamic vinegar is an acceptable substitute.

reserved soy sauce mixture and pour it over the green beans. Cook, stirring, until thickened, about 1 minute. Add the tofu and cook, stirring, until heated through, about 1 minute more.

SERVES 4: 1 1/2 CUPS EACH

Per serving: 218 calories; 11 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 20 g carbohydrate; 2 g added sugars; 12 g protein; 5 g fiber; 672 mg sodium; 364 mg potassium.

Nutrition bonus: Calcium (26% daily value), Vitamin C (22% dv), Vitamin A (17% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetable, 1 plant protein, 1 1/2 fat

Healthy Stir-Fry Recipes

SAUCY COCONUT-CHICKEN STIR-FRY

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 35 MIN **TOTAL:** 35 MIN

Thai flavors of coconut and basil come together in this fresh and spicy chicken and cabbage stir-fry. If your family prefers a milder meal, forgo the jalapeño. Serve with rice noodles and mango slices.

- 4 teaspoons canola oil, divided
- 1 pound chicken tenders, cut into bite-size pieces
- 1 jalapeño pepper, minced (optional)
- 1 bunch scallions, sliced, whites and greens, separated
- 2 cups sliced shiitake mushroom caps
- 1 tablespoon minced fresh ginger
- $\frac{3}{4}$ cup "lite" coconut milk
- 2 tablespoons fish sauce (*see Tip*)
- 4 teaspoons lime juice
- 1 tablespoon brown sugar
- 6 cups sliced napa cabbage
- $\frac{3}{4}$ cup chopped fresh basil

1. Heat 2 teaspoons oil in a wok or Dutch oven over medium-high heat. Add chicken and cook, stirring often, until cooked through and lightly browned, about 5 minutes. Transfer the chicken to a plate.
2. Heat the remaining 2 teaspoons oil in the wok or pot. Add jalapeño (if using), scallion whites, mushrooms and ginger and cook, stirring, until fragrant and the mushrooms start to soften, 30 seconds to 1 minute. Stir in coconut milk, fish sauce, lime juice and brown sugar; bring to a simmer. Cook, stirring occasionally, until the mushrooms are tender, 2 to 3 minutes. Stir in cabbage, the chicken and scallion greens; cook, stirring constantly, until the cabbage is slightly wilted, 2 to 3 minutes. Stir in basil just before serving.

SERVES 4: ABOUT 1½ CUPS EACH



Per serving: 254 calories; 11 g fat (3 g sat, 4 g mono); 63 mg cholesterol; 12 g carbohydrate; 2 g added sugars; 28 g protein; 3 g fiber; 678 mg sodium; 627 mg potassium.

Nutrition bonus: Vitamin C (42% daily value), Vitamin A (35% dv), Folate (21% dv), Potassium (18% dv).

Carbohydrate servings: 1

Exchanges: $\frac{1}{2}$ vegetable, 3 lean meat, 1 fat

TIP:

Fish sauce is a pungent Southeast Asian condiment made from salted, fermented fish. Find it in the Asian-food section of large supermarkets and in Asian specialty markets. We use Thai Kitchen fish sauce (1,190 mg sodium per tablespoon) in our analyses.

Healthy Stir-Fry Recipes

THAI CHICKEN & MANGO STIR-FRY

- ✓ Heart Health
- ✓ Diabetes
- ✓ Weight Loss
- ✓ Gluten Free

ACTIVE: 45 MIN **TOTAL:** 45 MIN

Both ripe and underripe mango work well in this chicken and vegetable stir-fry. If the mangoes you have are less ripe, use 2 teaspoons brown sugar. If they're ripe and sweet, just use 1 teaspoon or omit the brown sugar altogether.

- 2 tablespoons plus 1 teaspoon fish sauce
(see Tip, page 4)
- 2 tablespoons lime juice
- 1½ teaspoons cornstarch
- 1-2 teaspoons brown sugar
- 4 teaspoons canola oil, divided
- 1 pound chicken tenders, cut into 1-inch pieces
- 2 cloves garlic, minced
- 1 teaspoon minced fresh ginger
- 1-2 fresh small red or green chile peppers, stemmed and sliced, or ½-¾ teaspoon crushed red pepper
- 4 cups bite-size broccoli florets
- ¼ cup water
- 2 mangoes, peeled and sliced
- 1 bunch scallions, cut into 1-inch pieces
- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh basil, preferably Thai
- ¼ cup chopped fresh mint
- 1 lime, cut into 6 wedges (optional)

1. Combine fish sauce, lime juice, cornstarch and brown sugar to taste in a small bowl.
2. Heat 2 teaspoons oil in a wok or large skillet over high heat. Add chicken; cook, stirring, until just cooked through, 5 to 7 minutes. Transfer to a plate.
3. Add the remaining 2 teaspoons oil, garlic, ginger and chiles (or crushed red pepper) to the pan. Cook, stirring, until fragrant, about 15 seconds. Add broccoli and water; cook, stirring, until beginning to soften, about 2 minutes. Add mangoes and scallions; cook, stirring, for 1 minute. Add the reserved sauce and chicken; cook, stirring, until the sauce is thickened and the chicken is heated through, about 1 minute. Stir in cilantro, basil and mint. Serve with lime wedges, if desired.



SERVES 6: ABOUT 1 CUP EACH

Per serving: 195 calories; 5 g fat (1 g sat, 2 g mono); 44 mg cholesterol; 20 g carbohydrate; 1 g added sugars; 21 g protein; 4 g fiber; 531 mg sodium; 557 mg potassium.

Nutrition bonus: Vitamin C (200% daily value), Vitamin A (70% dv), Folate & Potassium (24% dv), Magnesium (18% dv), Iron (16% dv).

Carbohydrate servings: 1

Exchanges: 1 fruit, 1 vegetable, 2½ lean meat

Healthy Stir-Fry Recipes

SPICY BEEF WITH SHRIMP & BOK CHOY

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Oyster sauce and rice wine give this speedy stir-fry a rich flavor that balances the clean, sweet crunch of bok choy. Serve with rice noodles or brown basmati rice and a Tsing Tao beer to make you feel like you're eating in your favorite Chinese restaurant.

- ¼ cup Shao Hsing rice wine (see Tip)
- 1½ tablespoons oyster-flavored sauce
- 2 teaspoons cornstarch
- 4 teaspoons canola oil, divided
- ¾ pound sirloin steak, trimmed of fat, cut in half lengthwise and thinly sliced
- ¼-½ teaspoon crushed red pepper
- 10 raw shrimp (21-25 per pound), peeled, deveined and chopped
- 1 pound bok choy, preferably baby bok choy, trimmed and sliced into 1-inch pieces

1. Whisk rice wine, oyster sauce and cornstarch in a small bowl until the cornstarch is dissolved.
2. Heat 2 teaspoons oil in a large nonstick skillet or wok over medium-high heat. Add beef and crushed red pepper to taste; cook, stirring, until the beef begins to brown, 1 to 2 minutes. Add shrimp and continue to cook, stirring, until the shrimp is opaque and pink, 1 to 2 minutes. Transfer the beef, shrimp and any juices to a plate.
3. Heat the remaining 2 teaspoons oil over medium-high heat in the same pan. Add bok choy and cook, stirring, until it begins to wilt, 2 to 4 minutes. Stir in the cornstarch mixture. Return the beef-shrimp mixture to the pan and cook, stirring, until heated through and the sauce has thickened slightly, about 1 minute.

SERVES 4: ABOUT 1 CUP EACH.



TIP

Shao Hsing (or Shaoxing) is a seasoned rice wine available in the Asian or wine section of some supermarkets and in Asian food markets.

Per serving: 204 calories; 8 g fat (2 g sat, 4 g mono); 54 mg cholesterol; 6 g carbohydrate; 1 g added sugars; 22 g protein; 1 g fiber; 384 mg sodium; 660 mg potassium.

Nutrition bonus: Vitamin A (100% daily value), Vitamin C (50% dv), Zinc (23% dv), Iron (15% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 3 very lean meat, 1 fat

Healthy Stir-Fry Recipes

PORK & BOK CHOY STIR-FRY

✓ Heart Health ✓ Diabetes

✓ Weight Loss ✓ Gluten Free

ACTIVE: 40 MIN **TOTAL:** 40 MIN

In this zippy pork stir-fry we cut the bok choy into long, thin strips to mimic the long noodles. We like Japanese soba noodles because they are made with buckwheat, which gives them a nutty flavor and a boost of fiber. You can also use mild-flavored rice noodles or whole-wheat spaghetti. Serve with sliced cucumbers dressed with rice-wine vinegar and a glass of sauvignon blanc.

- 8 ounces soba or rice noodles
- $\frac{3}{4}$ –1 pound pork tenderloin, trimmed
- $\frac{1}{3}$ cup water
- $\frac{1}{4}$ cup Shao Hsing rice wine (see Tip, page 6) or dry sherry
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 1 tablespoon peanut oil or canola oil
- 1 medium onion, thinly sliced
- 1 pound bok choy (about 1 medium head), trimmed and cut into long, thin strips
- 1 tablespoon chopped garlic
- 1 tablespoon chile-garlic sauce (see Tips)

1. Bring a large saucepan of water to a boil. Add noodles and cook according to package directions. Drain, rinse with cold water and set aside.
2. Meanwhile, slice pork into thin rounds; cut each round into matchsticks. Whisk water, rice wine (or sherry), soy sauce and cornstarch in a small bowl.
3. Heat oil in a Dutch oven over medium heat. Add onion and cook, stirring occasionally, until beginning to soften, 2 to 3 minutes. Add bok choy and cook, stirring occasionally, until beginning to soften, about 5 minutes. Add the pork, garlic and chile-garlic sauce; cook, stirring, until the pork is just cooked through, 2 to 3 minutes.
4. Whisk the cornstarch mixture again, add it to the pan and bring to a boil. Cook, stirring, until the sauce has thickened, 2 to 4 minutes. Serve the pork and vegetables over the noodles.



SERVES 4

Per serving: 374 calories; 6 g fat (1 g sat, 2 g mono); 55 mg cholesterol; 51 g carbohydrate; 0 g added sugars; 29 g protein; 2 g fiber; 775 mg sodium; 975 mg potassium.

Nutrition bonus: Vitamin A (94% daily value), Vitamin C (55% dv), Potassium (28% dv), Magnesium (23% dv), Iron (21% dv), Folate (20% dv), Zinc (19% dv).

Carbohydrate servings: $3\frac{1}{2}$

Exchanges: 3 starch, 1 vegetable, 2 lean meat, 1 fat

TIPS

- We prefer dry sherry, sold with other fortified wines in your wine or liquor store, instead of higher-sodium “cooking” sherry.
- Chile-garlic sauce (also labeled chili-garlic sauce or paste) is a blend of ground chiles, garlic and vinegar. It can be found in the Asian section of large supermarkets and will keep for up to 1 year in the refrigerator.

Healthy Stir-Fry Recipes

TANGELO PORK STIR-FRY

✓Heart Health ✓Diabetes

✓Weight Loss ✓Gluten Free

ACTIVE: 45 MIN **TOTAL:** 45 MIN

This pork and pepper stir-fry uses strips of tangelo zest and bright tangelo juice, which offers a little sunshine on a midwinter night. Tangelos, hybrids of tangerines and pummelos (or grapefruit), are often labeled as Minneolas or Honeybells.

- 2 tangelos, such as Minneolas or Honeybells
- 3 teaspoons toasted sesame oil, divided
- 1 pound pork tenderloin, trimmed and cut into thin strips
- 2 medium shallots, thinly sliced
- 2 cloves garlic, minced
- 2 tablespoons minced fresh ginger
- ¼ teaspoon crushed red pepper
- 2 red bell peppers, thinly sliced
- 2 stalks celery, thinly sliced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons cornstarch

1. Using a vegetable peeler, remove zest from tangelos in long strips. Cut the strips lengthwise into very thin pieces. Cut the tangelos in half and squeeze enough juice from them to get ½ cup.

2. Heat a large wok or skillet over medium-high heat. Swirl in 2 teaspoons oil, then add pork and cook, stirring, until just cooked, 2 to 3 minutes. Transfer to a plate.

3. Add the remaining 1 teaspoon oil to the pan along with shallots, garlic, ginger, crushed red pepper and the zest. Cook, stirring, for 1 minute. Add bell peppers and celery and cook, stirring constantly, until crisp-tender, about 2 minutes. Stir in the tangelo juice and soy sauce; bring to a simmer. Cook for 1 minute.

4. Whisk vinegar and cornstarch in a small bowl, then pour it into the pan along with the pork and its juices. Cook, stirring often, until thickened and bubbling and the pork is heated through, about 1 minute.



SERVES 4: ABOUT 1 ¼ CUPS EACH

Per serving: 226 calories; 8 g fat (2 g sat, 3 g mono); 63 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 25 g protein; 3 g fiber; 329 mg sodium; 562 mg potassium.

Nutrition bonus: Vitamin C (220% daily value), Vitamin A (40% dv), Potassium (16% dv), Zinc (15% dv).

Carbohydrate servings: 1

Exchanges: ½ fruit, 1 vegetable, 3 lean meat

Healthy Stir-Fry Recipes

SALT & PEPPER SHRIMP

☒ Heart Health ☒ Diabetes

☒ Weight Loss ☐ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Rice flour is the “secret ingredient” in this dish and is used to make the flavorful coating for the shrimp. But if you can’t find it, cornstarch makes a fine substitute. Serve with rice noodles or brown rice and a sprinkle of chopped scallions.

- 2 tablespoons lime juice
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- ½ teaspoon sugar
- 3 cups thinly sliced cabbage, preferably napa (about ¼ head)
- 1 small red or orange bell pepper, very thinly sliced
- 2 tablespoons rice flour (see *Tips*) or cornstarch
- ¼ teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon five-spice powder (see *Tips*)
- 10 ounces raw shrimp (21-25 per pound), peeled and deveined
- 1 tablespoon canola oil
- 1 jalapeño or serrano pepper, seeded and minced

1. Whisk lime juice, soy sauce, sesame oil and sugar in a large bowl until the sugar is dissolved. Add cabbage and bell pepper; toss to combine.

2. Combine rice flour (or cornstarch), salt, pepper and five-spice powder in a medium bowl. Add shrimp and toss to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook, stirring often, until they are pink and curled, 3 to 4 minutes. Add jalapeño and cook until the shrimp are cooked through, about 1 minute more. Serve the slaw topped with the shrimp.

SERVES 2

Per serving: 347 calories; 15 g fat (2 g sat, 7 g mono); 230 mg cholesterol; 20 g carbohydrate; 34 g protein; 3 g fiber; 558 mg sodium; 408 mg potassium.

Nutrition bonus: Vitamin C (190% daily value), Vitamin A (60% dv), Iron (25% dv).



Carbohydrate servings: 1

Exchanges: 2 vegetable, ½ other carbohydrate, 4 very lean meat, 3 fat

TIPS

- Rice flour is made from finely milled white rice. It is often used in Asian cooking for desserts and to thicken sauces. Look for it in Asian markets or the natural-foods section of your supermarket.

- Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section.

About EatingWell

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- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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We hope you enjoy our recipes and feel informed and inspired to make healthy eating your way of life!

ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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