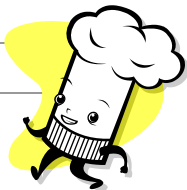

Stir Fry – makes Fried Rice or Lo Mein

4/26/2011 Weight Watchers meeting



Ingredients:

- 1 Protein (such as chicken or shrimp)
- 1 Olive oil
- 1 Veggies (your choice)
- 1 Starch, cooked (such as angel hair pasta, brown rice, couscous)

Directions:

Stir fry the protein in olive oil. Add the veggies to the stir fry and cook.

Cover wok or stir fry dish to keep moisture in.

Serve over pasta, rice or couscous.

Sauce options:

- Few (2) tablespoons of soy vey (which is high in sodium) cut with ½ cup of pineapple or orange juice
- Teriyaki or soy sauce cut with fruit juice
- Tamari sauce