



Threshing Floor Academy™
& Children's Art Gallery

Chef Donovan's Rainbow Veggie Stir Fry

This colorful stir fry is packed with tons of vitamins and flavor! We encourage you to try preparing this dish with your child and watch them beg for seconds, thirds... you get the point. Working together to prepare this dish with your child can also be a great way to encourage them to give vegetables they vowed they'd never eat again a second chance. We are certain that this dish will become a family favorite as you and your little one discover that eating healthy can be incredibly delicious!

3 cup red cabbage (julienned)
1 cup yellow onions (julienned)
1 cup green bell pepper (chopped)
1 cup carrots (peeled and chopped)
1 cup broccoli florets
1 cup asparagus (chopped with ends removed)
1 cup snap peas (optional)
1 cup bean sprouts
1 cup canned baby corn (rinsed)
1 cup water chestnuts (rinsed)
1 tbsp. garlic (minced)
1 tsp. fresh ginger (minced)
3 tbsp. canola oil
1 cup Soy Vay Veri Veri Teriyaki ® (or a teriyaki sauce of your choice)
sea salt (to taste)
black pepper (to taste)

Heat canola oil in a wok over medium-high heat and sauté garlic, ginger, and onions for about 1 minute. Add all other vegetables and sauté for 2 more minutes. Add Soy Vay Veri Veri Teriyaki ® or teriyaki sauce of your choice and sauté about one minute more, coating vegetables with sauce. Add sea salt and black pepper to taste if desired. Serves a family of approximately 4.

Please visit www.threshingflooracademy.org/arts-in-schools.html periodically for more nutritious and delicious recipes along with helpful cooking tips from our director and chef instructors.

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