

Tasty Toss-up Vegetable Stir-fry

What You'll Need

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| 2 teaspoons vegetable oil | 4 medium carrots, peeled, cut diagonally into thin slices |
| 1 medium eggplant, peeled and chopped into small pieces | 1 red bell pepper, cut into strips |
| 1 large onion, cut into 1-inch pieces | 3 tablespoons low-sodium soy sauce |
| 2 garlic cloves, minced | cooking spray |
| 3 cups small broccoli florets | |

Serves 6

Let's Cook!

- 1 Spray pan with cooking spray and add oil.
- 2 Over medium heat, cook eggplant, onion and garlic. Sauté 10 minutes, stirring frequently while cooking.
- 3 Add broccoli, carrots, red pepper and soy sauce. Cook, stirring, about 10 more minutes.

Nutrition Facts

Serving Size (228g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 4g	
Vitamin A 220%	Vitamin C 130%
Calcium 4%	Iron 4%



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Side Dishes

Vitamins and Minerals

Vitamins and minerals play an important role in helping your body function day to day. Check out the list below to learn about key vitamins and minerals for your body.

Vitamin	What does it do?	What do I have to eat?
Vitamin A	Vitamin A keeps your eyes healthy. It helps you see in the dark and keeps your skin healthy, too	dark green leafy vegetables (like kale, collards, spinach), carrots, pumpkin, sweet potatoes, milk fortified with vitamin A (nonfat, low-fat or whole)
B Vitamins	B vitamins have a variety of jobs in your body. They help the body get energy from food; keep your nerves, skin and eyes healthy; and help the skin, hair, eyes, mouth and liver resist infection.	meat, poultry, fish, eggs, dried beans and nuts, peanuts, whole grains, green leafy vegetables
Vitamin C	Vitamin C helps your body heal from cuts and wounds. Your body also needs Vitamin C to prevent infection.	citrus fruits (like oranges and grape fruit), cantaloupe, strawberries, tomatoes, kiwi, red peppers
Vitamin D	Your body needs Vitamin D to help build strong bones and teeth. Vitamin D helps your body absorb calcium.	milk fortified with vitamin D, fish, egg yolks, liver, fortified cereal
Vitamin E	Vitamin E helps protect the tissues in your body. It also helps form red blood cells and helps the body use Vitamin K.	whole grains, leafy green vegetables, egg yolks, nuts and seeds, sardines
Vitamin K	Vitamin K is important for blood clotting, the body's way of stopping bleeding.	leafy green vegetables, dairy products, like milk and yogurt; broccoli, soybean oil
Mineral	What does it do?	What do I have to eat?
Calcium	Calcium is important to keep your bones and teeth strong and healthy.	milk (nonfat, low-fat and whole), yogurt, cheese; green leafy vegetables, such as kale, collards, mustard greens
Iron	You get oxygen from the air you breathe. Your body uses iron to take oxygen from your lungs to other parts of your body.	liver and other organ meats, egg yolks, dried legumes, ground beef, leafy green vegetables, shellfish, enriched breads, fortified cereals
Potassium	Potassium helps make the right amount of fluids flow through your body. This helps keep your muscles, like the heart, working correctly.	meats, milk, bananas, leafy green vegetables, citrus fruits
Zinc	When you get cuts or scrapes, zinc helps your body heal. It also supports your immune system.	oysters, organ meats, beef, pork, chicken, turkey, wheat germ

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