

# Finish the Stir Fry!

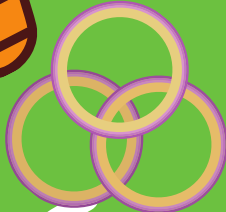
Help us get these veggies cooked into our stir fry! Starting at each veggie, follow the lines with a crayon until you reach the arrow.



BROCCOLI



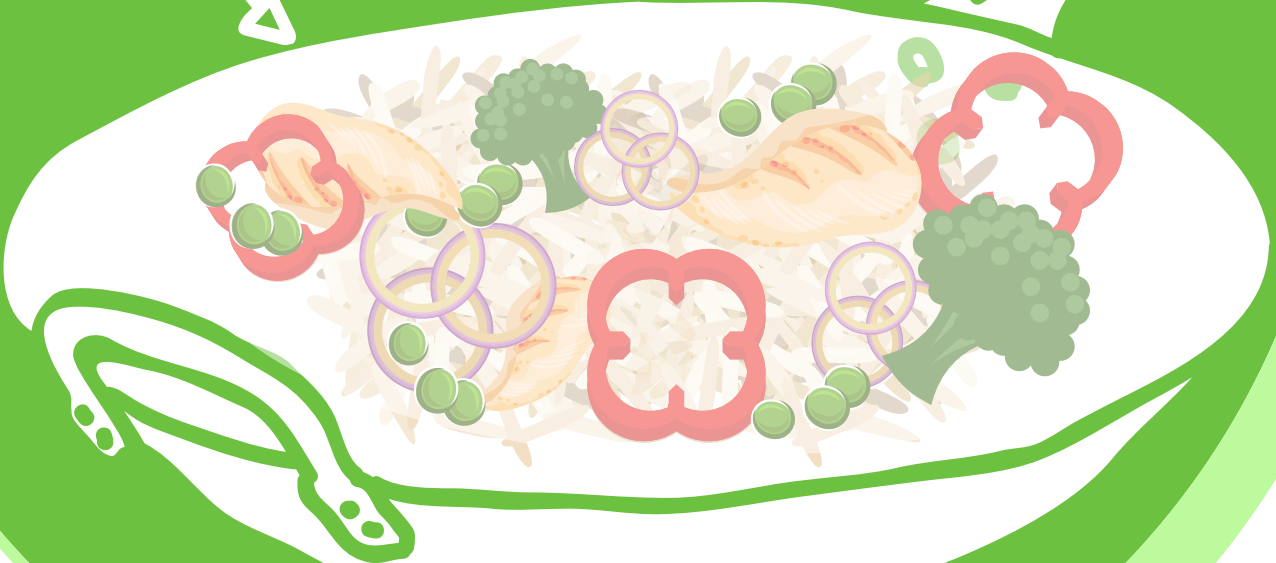
ONION



PEPPER




PEAS



- VEGGIES**  
any of your family's favorites!
- +
- GRAIN**  
ex. brown rice, pasta
- +
- PROTEIN**  
ex. chicken, fish, tofu
- +
- SAUCE**  
store bought or make-your-own!
- =
- STIR FRY!**

## GROWN-UPS:

Stir-fries are a great way to use up veggies that may soon go bad! Here is what you'll need 

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