



Your Guide to
Stir Frying
on Campus

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Stir-Frying at Erdman's Sizzle Station

If you're looking for variety in the dining halls, preparing your own stir-fry can be a healthy and delicious option.

Here are some tips on how to make a tasty meal on your own.

1. First add some oil to the hot pan. You want about 2 tablespoons which is about the size of two thumbs. Add to that some aromatics like onions and/or peppers. Season with garlic and/or ginger if you want fuller flavor.
2. Once you start to smell your aromatics, add your sturdier veggies. (broccoli, carrots, or celery).
3. Add softer veggies later. (kale, spinach, peas, corn)
4. Add in your protein. (beans, chicken, tofu, egg)
5. Finish with your sauce of choice, salt, pepper, or a squeeze of lemon.



Ways to Improve Your Stir-Fry

- Do a lap around the dining hall to see when foods you can incorporate into your dish. Don't get stuck at the salad bar!
- When salsa or guacamole is offered, make your own burrito bowl with black beans, veggies, and rice.
- To add some healthy fats and crunch, top your stir-fry with sesame or pumpkin seeds.