

STIR FRY CHART	
Vegetable	Timing in MINUTES
Artichoke, hearts, canned, chopped	Add last minute of cook time
Asparagus, sliced	5
Baby Corn, canned, whole or chopped	Add last minute of cook time
Bean Sprouts	1 - 2
Beans, Green or Wax, cut	4 - 5
Bok Choy, stems sliced thin and leaves shredded	Add last few minutes of cook time
Broccoli, florets or chopped	3 - 5
Cabbage, Green or Red, shredded	3 - 4
Carrots, sliced thin, ¼ of an inch	3 - 5
Cauliflower, florets or chopped	3 - 5
Celery, sliced	1 - 3
Corn, canned, kernels	Add last few minutes of cook time
Greens, Collard	1 - 3
Greens, Kale	2 - 3
Greens, Kale, baby	Add last minute of cook time
Greens, Mustard	Add last minute of cook time
Leeks, white part only, thinly sliced, ¼ inch	3
Mushrooms, sliced, ¼ inch	4 - 5
Onions, Yellow, White or Purple, sliced, ¼ inch	3 - 4
Parsnips, sliced, ¼ inch	4 - 6
Peas	2 - 3
Peppers, Sweet Bell	2 - 3
Spinach, baby	Add last minute of cook time
Spinach, whole leaves, chopped	3
Sugar Snap Peas or Snow Peas	2 - 3
Swiss Chard, stems sliced thin and leaves shredded	3 - 4 minutes
Turnips, sliced thin, ¼ inch	3 - 4
Water Chestnuts, canned, sliced	Add last minute of cook time
Zucchini, sliced, ¼ inch	3 - 4

