

Pipián Stir-Fry

Serves 5

½ bell pepper, washed, seeds removed,
cut into bite-sized pieces
1 small tomato, washed, seeds removed,
cut into bite-sized pieces
3 slices onion, washed
5 cups pipián*, washed, cut into pieces,
and steamed
3 teaspoons olive oil
2 eggs, beaten
Dash of salt and pepper

* For information on pipián, visit: www.worldcrops.org.

1. Wash and prepare vegetables.
2. In a medium skillet, heat olive oil.
3. Add bell pepper, tomato, and onion, stirring and shaking the pan gently for three minutes or until vegetables are crisp and tender.
4. Add the pipián and eggs.
5. Stir three or four minutes or until eggs are fully cooked.
6. Season with salt and pepper.

TIPS:

- Add spaghetti sauce to the stir-fry and serve with pasta.
- Serve over brown or white rice.
- Add some cooked chicken or lean steak for a hearty stir-fry.

Nutrition Facts:

Serving size: ½ cup; Calories: 89; Fruits and Vegetables: 1 serving; Fat: 6 g; Fiber: 2 g



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