



## Stir-fry Cooking Takes Flavor To The Next Level

(NAPSA)—Here's delicious news: You can enjoy great meals that are high in flavor yet low in calories when you turn to the stirring tastes of stir-fry cooking.

This kind of cuisine originated in China many years ago with the wok and has become a major part of many American lifestyles. The trend is growing as more and more people realize that this type of cooking can be a healthy part of the family diet—whether you use a skillet, wok or pan. The key is in the preparation.

As with any method of cooking, it is still possible to make a dish that is high in fat and calories with stir-fry cooking if you're not careful. By working with a small amount of cooking oil and sticking to lean meats and lots of vegetables, however, you can do stir-fry cooking that's a quick and easy way to prepare healthy and flavorful meals.

"Asian-inspired cuisine is one of the major food trends today because of the fresh ingredients and exciting flavor combinations available," explained one expert on food, Jason Abelkop of Buffets, Inc.

Popular restaurants that are owned by Buffets, such as Ryan's® as well as HomeTown® Buffet and Old Country Buffet®, are helping to lead the trend with made-to-order Mongolian Stir Fry, now available for lunch and dinner at most locations. Guests choose from chicken, beef or shrimp to create the combination that's just right for them.

To kick-start stir-fry cooking in your kitchen, check out this recipe from the restaurants' chefs:

### **Garlic Ginger Mongolian Chicken**

*Yield: 2 servings*

**2 4-oz. chicken breasts**  
**1 tsp. vegetable oil**



**Garlic Ginger Mongolian Chicken is an easy-to-create stir-fry dish that's light yet filling.**

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- 1 tsp. chopped ginger**
- 1 tsp. chopped garlic**
- 1 cup peapods**
- 1 cup cabbage, shredded**
- ½ cup ¼" julienned onions**
- ¼ cup matchstick carrots**
- 1 cup broccoli florets**
- 1 Tbsp vegetable oil**
- ¼ cup low-sodium soy sauce**
- ¼ cup teriyaki sauce**
- 2 sprigs cilantro**
- 2 servings unconverted rice**  
(cooked according to recipe)

**Cut chicken into ½" strips. Mix vegetable oil, ginger and garlic together. Rub mixture on the chicken breast strips, place in refrigerator for a minimum of two hours. Mix vegetables together in bowl. Place oil in sauté pan over medium heat. Add chicken strips and sauté for five minutes. Toss frequently to evenly brown. Turn up heat to "high" and add fresh vegetables. Toss frequently. Cook for one minute. Vegetables should be crisp in texture. Add soy sauce, teriyaki sauce and the cilantro sprigs to taste. Quickly toss to coat, then remove from heat. Top rice with hot fresh stir-fry and enjoy.**

### **Learn More**

For locations and other information on Buffets restaurants, visit [www.Ryans.com](http://www.Ryans.com) as well as [www.HomeTownBuffet.com](http://www.HomeTownBuffet.com) and [www.OldCountryBuffet.com](http://www.OldCountryBuffet.com).