



DISHING IT UP WITH DANA

Family Tested, Family Approved!

A twist on vegetable stir fry includes roasted potatoes and is served as a bowl

Column and photos by Dana Rady, Wisconsin Potato & Vegetable Growers Association

My family and I love Asian food! I'd say the craving for an egg roll, stir fry and, yes, even sushi, comes up once or twice a month.

So, one night, when I started getting out the vegetables for stir fry, but not the usual rice maker, I saw some confused faces.

I explained that, instead of rice that night, we were going to use roasted potatoes to complement the stir fry. The confused expressions turned into intrigue as our sons, Griffin and Easton, pleasantly asked if they could help put the "Vegetable Stir Fry Roasted Potato Bowl" together!

An offer like that doesn't happen every day, so I happily took advantage.

One of my assistants began cutting up the colorful vegetables while the other prepared the potatoes for roasting. That gave me some time to put the sauce together, a delicious mixture of ginger, garlic, cornstarch, water, and soy sauce. It's a sweet and slightly spicy addition to a colorful dish.

It's also worth noting that, while this recipe doesn't specifically call for a meat protein, I added a package of chicken breasts that I had prepared in the slow cooker earlier that day



Griffin Rady helps Mom cut up the vegetables.

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and shredded. With two growing boys and a husband who each thrive on protein, I need to find a way to incorporate meat into every meal.

Once everything was cooked through and combined, we plated the stir fry, first potatoes, then the vegetables

VEGETABLE STIR FRY ROASTED POTATO BOWL INGREDIENTS:

ROASTED POTATOES:

2 lbs	russet potatoes, peeled and diced
	Cold water as needed
1 Tbsp	vegetable oil
	Kosher salt to taste
	Ground black pepper to taste

VEGETABLE STIR FRY:

1 Tbsp	neutral oil
3/4 cup	carrots, sliced
1/2 cup	red bell pepper, sliced
1 cup	broccoli, cut into florets
1/2 cup	snow peas or snap peas, cut thin
1/4 cup	canned water chestnuts, drained
1 Tbsp	cornstarch
2	cloves garlic, crushed or minced
2 tsp	ginger
2 Tbsp	water
2 Tbsp	soy sauce or liquid aminos

TOPPINGS:

1/4 cup	cashews
3 Tbsp	green onions, sliced
	Japanese barbecue sauce, optional
	Rotisserie chicken, optional
	Crushed red chili flake, optional
	Sesame seeds, optional

and chicken. We added cashews for a little extra crunch, drizzled oyster sauce over everything, and finished the dish by sprinkling it with sesame seeds.

The meal was delicious for dinner and served as lunch for us the next day.

The rating on this recipe? Family tested, family approved!

DIRECTIONS

Preparing Roasted Potatoes

Preheat oven to 400° Fahrenheit (205° Celsius). Peel and chop your potatoes into uniform 1-inch pieces to ensure they cook evenly.

Set them in a bowl with enough water to cover the potatoes and let them soak for 15-20 minutes to draw out some of the starch. Drain the water, rinse the potatoes, and gently pat them dry.

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Toss the potatoes with the oil, salt, and pepper.

Spread the potatoes evenly on a baking sheet (we recommend one with a lip since the oil will run off the sides of a flat sheet) and roast for 20 minutes.

Remove from the oven, give the pan a shake, and use a spatula to release any stuck potatoes. Return the potatoes to the oven and roast for another 20-30 minutes, or until the potatoes are deep brown and crisp all over.

Preparing the Vegetable Stir Fry

Add the oil to a hot sauté pan or wok. Once the oil is hot, add the carrots and cook until they start to soften. Add your bell peppers and broccoli, allowing them to cook until they start to soften. Finally, add the snow peas and water chestnuts. Continue cooking over medium heat until the vegetables are tender, but crisp.

To make the sauce, combine ginger,

garlic, cornstarch, water, and soy sauce in a small bowl. Mix until the cornstarch is dissolved and the ingredients are all combined.

When the vegetables are nearly ready, add the sauce mixture to the hot pan, ensuring it coats all the vegetables, and cook for 1-2 minutes.

Preparing the Bowl

Build your bowls starting with the roasted potatoes and stir fry vegetables. Top with cashews and green onions.

Customize with additional toppings such as a drizzle of Japanese barbecue sauce, sliced rotisserie chicken, crushed red chili flakes, or sesame seeds.

Note: Roasted potatoes can be prepped at the beginning of the week to be used as the base for different types of bowls. You can store them in the fridge for up to three days and reheat the potatoes when ready. Put them in the air fryer while your tofu is cooking (4-5 minutes) to bring them back up to temperature.

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