

Nutrient-Dense Veggie-Rich Stir-Fry (Kaydee Gregg)

Yields: 2 servings

Make this dish your own. Get creative and aim for lots of colors!
Great recipe to incorporate leftover veggies.

Ingredients:

- 6 to 8 oz protein of choice
- 1 brown rice or quinoa (dry)

Veggies (aim for 4-6 different veggies!):

- 2 TBS high heat oil (avocado oil, coconut oil, ghee)
- 2 cups hard veggies such as carrots, broccoli, cauliflower, celery, etc
- 1-2 cups soft veggies such as mushrooms, spinach, bell pepper, cabbage, bok choy, snap peas
- 1 onion, sliced

Prep:

1. Take protein of choice out of refrigerator and allow to come to room temperature.
2. Put rice or quinoa on to cook, per package directions.
3. Heat a pan or wok with high heat oil. Add the hard vegetables and sliced onion. Cook and frequently stir vegetables until they become brown and onion becomes translucent. About 5-6 minutes.
4. Lower the temperature from high heat to medium heat and sauté the soft vegetables for about 2 minutes. Add in protein, stirring occasionally, until thoroughly cooked.
5. Spoon out cooked veggies onto brown rice or quinoa and top with sauce of choice! (Gluten-free tamari, siracha are my favs!)