

Easy Asian Stir Fry

THM-Friendly: S

Cook your choice of veggies (fresh or frozen) until tender. You could choose:

- broccoli, cauliflower, cabbage, peppers, mushrooms, zucchini, summer squash, celery, onions, etc.

Pour off any liquid and add:

- 1 tsp. sesame oil (or hot chili oil)
- 1 bag of riced hearts of palm (approx. 9 oz.)
- a splash or two of Bragg's Amino Acids
- mineral salt and pepper
- fresh garlic or some black (fermented) garlic
- 1-2 tsp. apple cider vinegar
- 4-5 oz. cooked chicken breast, diced (could use eggs instead)

Cook until everything is heated through. Spoon into a good-sized bowl. Drizzle with:

- 1 tsp. tahini

Top with a quick yum yum sauce:

- 2 Tbsp. Greek yogurt
- 1 tsp. sugar-free catsup
- 1 tsp. rice vinegar
- 1/4 - 1/2 tsp. Super Sweet
- 1 tsp. mayo
- mineral salt and pepper

Drizzle over the top of your stir fry and...

enJOY!

Sesame seeds on top would be nice, too.

