

salad bar stir fry to go

SERVES 4

COOK TIME: 20 minutes

Pre-Chopped Veggies from Salad Bar

Broccoli florets, about 2 cups
Shredded carrots, about 1 cup
Purple onions, chopped or sliced, about 1 cup
Red and yellow peppers, sliced, about 1 cup each
Mushrooms, sliced, about 1 cup

Plus

1 clove (or 1 tsp) minced garlic
2½ Tbsp extra virgin olive oil, divided
1½ lbs protein of choice (boneless, skinless chicken breasts or thighs, grass-fed flat iron steak, scallops, tofu, etc OR 2 cups cooked lentils)
½ tsp [homemade seasoned salt](#) or sea salt

Ingredients for Sauce

¼ cup soy sauce
1 clove (or 1 tsp) minced garlic
1 tsp grated fresh ginger or ½ tsp dried ginger
½ tsp pure maple syrup or unfiltered honey
¼ tsp black pepper

HEAT 1 Tbsp olive oil over medium-high heat in a skillet until it glistens.

ADD protein of choice and seasoned salt.

SAUTE for 6-8 minutes (depending on the protein), stirring occasionally until protein is thoroughly cooked.

WHISK together all ingredients for the sauce in a small bowl while the protein is cooking. Set aside.

REMOVE protein from skillet once cooked. Set aside to rest.

HEAT remaining 1½ Tbsp olive oil in same skillet over medium-high heat until it glistens.

ADD garlic, peppers, onions and carrots and sauté for 2 minutes. Be sure to scrape the protein renderings from the pan into the veggie mixture.

ADD broccoli and mushrooms. Sauté for 5 more minutes, stirring frequently until veggies are crisp tender or desired consistency.

ADD sauce and toss lightly. Then stir in cooked protein.

COOK 1-2 minutes longer.

MAKE IT A MEAL: Serve with cooked brown or wild rice or cauliflower rice and berries.

