



*Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit*

## Vegetable Stir-Fry

<b>1 Tablespoon Coconut Oil</b>	<b>¼ Cup Thinly Sliced Zucchini</b>
<b>1 Medium Onion, Sliced Thin</b>	<b>¼ Cup Snap Peas</b>
<b>½ Red Bell Pepper, Cut into Strips</b>	<b>1 Teaspoon Sesame Oil</b>
<b>¼ Cup Diagonally Sliced Carrots</b>	<b>1 Tablespoon Soy Sauce</b>
<b>½ Cup Broccoli Florets</b>	<b>4 Garlic Cloves, Sliced</b>
	<b>1-Inch Piece Gingerroot, Grated</b>

Heat the coconut oil in a wok or deep skillet on medium high. Add onions, broccoli, and carrots and stir-fry for 2 minutes. Add the remaining vegetables and stir-fry for 5 to 7 minutes or until tender. Take care not to overcook veggies or they will get soggy.

Add the sesame oil, soy sauce, garlic, and ginger. Mix well and stir-fry for 2 minutes.

Makes 2 servings, ~ 1 ½ cup each.

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