

# Stir Fry Chicken & Veggies

Prep Time: 10 m | Total Time: 25 m

## INGREDIENTS

- 2 tablespoons olive oil (or oil of choice)
- 1 pound boneless, skinless chicken breasts, cut into 1/2-inch-thick slices
- 2 cups broccoli florets
- 1 large zucchini, cut into slices
- 1 medium bell peppers, cut into 1/2-inch-thick slices
- 1 medium yellow onion, halved and cut into 1/2-inch-thick slices
- 3-4 cloves garlic, minced or crushed
- 1 tablespoon Italian seasoning (or your favorite seasoning blend!)
- 1 teaspoon salt
- 1/2 teaspoon black pepper



## DIRECTIONS

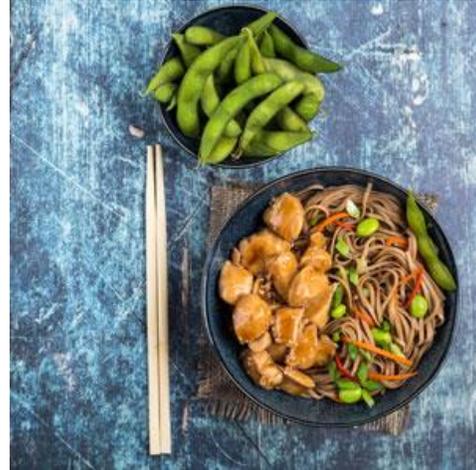
1. Heat 2 tablespoons oil in large skillet to medium, high heat.
  2. Add the chicken, veggies, garlic, and spices.
  3. Cook for 8-10 minutes, stirring occasionally until the veggies are soft and tender and the chicken is golden and cooked through.
  4. Serve with rice.
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# Edamame Lo Mein

Prep Time: 10 m | Total Time: 35 m

## INGREDIENTS

- 8 ounces whole-wheat spaghetti
- 2 cups frozen edamame, (shelled soybeans)
- 4 scallions, thinly sliced
- ¼ cup oyster sauce, or vegetarian “oyster” sauce
- ¼ cup rice-wine vinegar
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons sugar
- 2 teaspoons toasted sesame oil
- ⅛ teaspoon crushed red pepper
- 2 tablespoons canola oil
- 2 medium carrots, cut into matchsticks
- 2 small red bell peppers, cut into matchsticks



## DIRECTIONS

### STEP 1

1. Bring a large pot of water to a boil.
2. Add spaghetti and edamame and cook, stirring occasionally, until the pasta is just tender, 8 to 10 minutes or according to package directions.
3. Drain.

### STEP 2

- Meanwhile, whisk scallions, oyster sauce, vinegar, soy sauce, sugar, sesame oil and crushed red pepper in a small bowl until the sugar is dissolved.

### STEP 3

1. Heat canola oil in a large nonstick skillet over high heat.
  2. Add carrots and bell peppers and cook, stirring often, until slightly softened, 3 to 4 minutes.
  3. Add the pasta and edamame.
  4. Cook, stirring occasionally, until the pasta is crispy in spots, 1 to 2 minutes.
  5. Add the sauce and stir to combine.
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# Healthy Low-Carb Riced Cauliflower Stir Fry

Prep Time: 10 m | Total Time: 35 m

## INGREDIENTS

- 1 medium cauliflower
- ½ cup of thinly sliced fresh spinach
- ¼ cup of shredded carrots
- ¼ cup of edamame beans
- ¼ cup of sliced red peppers
- 2 medium fresh eggs lightly scrambled
- 3 Tablespoons of avocado oil or olive oil
- 2 teaspoons of kosher salt
- 1 teaspoon of freshly ground black pepper



## DIRECTIONS

1. Cut the cauliflower into flowerets. Be sure to discard any of the stem and stalk. Rinse and dry the cauliflower.
2. Using a food processor, and the "S" blade, pulse the cauliflower until it "crumbles" to the size of a rice grain.
3. In a saucepan, heat 1 tablespoon of the oil over medium heat.
4. Scramble the egg until just slightly firm. They should still have some shine to them. Set aside.
5. Heat the saucepan on medium high heat and add the remaining oil to the pan.
6. Add the edamame, the chopped spinach, shredded carrots and sliced red peppers. Toss and stir for 2 minutes.
7. Add the cauliflower, salt and black pepper.
8. Sauté 4 minutes stirring constantly.
9. Remove from heat and fold in the cooked eggs. Serve immediately.