



Recipes

Leafy Greens

Rainbow Stir Fry

Prep Time: 10 minutes

Cooking Time: 30 minutes

Yield: 4-6 servings

Ingredients:

- 1 tablespoon olive oil
- 2 carrots, thinly sliced
- 1 bunch broccoli, chopped
- 2 cobs of corn (corn slices off)
- 1 cup purple cabbage, shredded
- 1 pint cherry tomatoes
- 1 teaspoon tamari or soy sauce

Directions:

1. Heat oil in large skillet or pan.
2. Add carrots, stir and cook for 2 minutes.
3. Add broccoli, stir and cook for 2 minutes.
4. Add remaining ingredients and stir for 2 minutes.
5. Add a splash of water, cover and allow to steam for 3 minutes.
6. Remove from heat, stir and leave covered for 2-3 minutes, depending on how crunchy you like your veggies.
7. Sprinkle on tamari and stir.

Variation:

Try using Bragg's Amino instead of tamari or soy sauce.