



CHICKEN CABBAGE STIR FRY

By Dr. Cindy Tanzar

A stir fry is always a great choice to get your protein, vegetables and fat all in one easy dish. Plus, you can use the leftovers for an easy lunch or dinner another day. If cabbage hasn't been one of your favorite vegetables in the past, give this recipe a try. Shredding the cabbage and stir frying brings out a whole new flavor profile.

Makes 4 servings.



INGREDIENTS

- 2 Tbsp. organic coconut or avocado or oil (divided)
- 1/2 onion, diced
- 1 lb. organic chicken breast, cut into bite sized pieces
- 3 cloves garlic, minced
- 8 cups cabbage, shredded
- 1/2 a red bell pepper, diced
- 1/4 cup Coconut Aminos or Tamari (gluten-free soy sauce)
- 3/4-1 tsp. ground ginger, to taste
- Pink Himalayan salt & ground pepper, to taste



INSTRUCTIONS

In a large skillet, heat 1 Tbsp of the oil over medium heat. Cook onion about 3-5 minutes. Increase heat to medium-high and add 1 tbsp of oil and chicken. Brown and stir fry 5 minutes or until chicken is browned. Add garlic and cook 30 seconds.

Add the cabbage, bell pepper and Coconut Aminos. Season with ground ginger, Pink Himalayan salt and pepper. Stir fry for 5-7 minutes or until the cabbage is tender.