

Swiss Chard and Portobello Stir Fry

Ingredients:

1 bunch Swiss Chard- cut into medium pieces, include the stems

1- 8 oz packet of whole Portobello mushrooms- cut into quarters

1” piece of fresh ginger- peeled and chopped

1 clove of garlic- chopped

2 sweet or semi hot peppers (such as poblano, sweet diablo, banana) – cut in half, seeded, sliced thin

1 yellow onion- peeled and cut into large chunks (1/4 moons)

¼ cup raw sun flower seeds

Soy sauce- about 2-3 Tbs

Coconut oil- about 1 Tbs

Preparation:

In a large sauce pan, frying pan, or wok; heat the coconut oil, add the ginger, garlic, and sun flower seeds and heat till slightly browned. Add the onion, peppers, and mushrooms and cook while gently tossing for about 5-7 minutes. Add the soy sauce and the Swiss chard and move around just until the chard has slightly wilted, about 1-2 minutes. Remove from heat and serve.