

Vegetable Stir Fry

Ingredients:

½ head bok choy, cut into ¼" slices including the green part.

2 cups ¼" sliced sweet peppers

1 red onion sliced into ¼" half moons

1-3 hot peppers, seeded and chopped small (optional)

1 sweet potato, peeled, cut in half long ways, sliced thin

1 Tbs finely chopped fresh ginger

3 cloves garlic, chopped

2 Tbs chopped chives

Soy sauce

Rice vinegar

Agave syrup

Coconut oil, about 2 Tbs

Preparation:

Once you have all your veggies chopped and ready to go, heat up the oil in a wok or large sauté pan. Add the chopped ginger and garlic and sauté for about 1 minute then add the sliced sweet potato. Cook the sweet potato about 5-6 minutes tossing around gently so not to break up the slices. Add the onion, sweet peppers, hot peppers (if using) and sauté 2-3 minutes. Add the bok choy and about 2 Tbs soy sauce, 2 tsp agave syrup, 2 tsp rice vinegar and toss all together. Try a little and add more seasoning if necessary. Sauté 1-3 more minutes, remove from heat and put in a serving dish. Garnish with chopped chives.