

Spring Citrus Stir Fry

Recipe type: main dish

Serves: 4

Time: 30 minutes

Note: This is a highly adaptable recipe; feel free to substitute the vegetables you have available to you!

Ingredients

- 1 tablespoon olive oil
- 3 carrots, sliced
- 1 bunch asparagus*, chopped
- 1 onion, chopped
- 1 bunch kale or 4 cups spinach
- 2 cups cooked soybeans or peas
- 1 orange, divided
- 1 tablespoon soy sauce
- Garlic salt and pepper, to taste
- 1 chopped green onion and sesame seeds, for serving (both optional)
- Cooked rice, for serving

Directions

1. Quarter the orange. Reserve the juice of one quarter and chop the rest into bite-sized pieces.
2. Heat oil in a large skillet over medium heat. Add the carrots, asparagus, and onion. Cook 5-6 minutes, until asparagus is tender.
3. Add the soybeans or peas, kale or spinach, juice of ¼ of the orange, and soy sauce, garlic salt, and pepper. Stir to mix, then cover and cook until greens are wilted.
4. Turn off the heat, then add in the chopped orange pieces and mix to warm through. Serve on top of warm rice. Sprinkle green onion and sesame seeds on top, as desired.

*May substitute 1 head of broccoli or cauliflower



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