



## Dr. Laleh's Healthy Stir fry

### Ingredients

### Amount

Green Bell pepper	1 large
Red Onion	1 medium
Sugar Snap Peas (pods)	~20
Fresh garlic	6 cloves
Water Chestnuts	1 Can (~ 1 Cup)
Bamboo Shoots	1 Can (~ 1 Cup)
Carrots	1 Cup thinly sliced
Baby Bella mushrooms	2 Cups sliced thin
Frozen Peas	1 Cup
Extra Virgin Olive oil**	1 TBS
Coconut Aminos	4-5 TBS
Coarse Black Pepper	1 teaspoon (more if desired)
Coriander Seeds	1 teaspoon (crushed or ground)
Organic Bone Broth	½ Cup as needed

**\*\* Other healthy oils may be used: Grape seed oil, Walnuts oil, Sesame oil.**

**Any other vegetables may be used as desired.**

### Preparation:

- 1) Wash and dry all vegetables
- 2) Slice onions, peppers, garlic, carrots in long thin slices.
- 3) Use a large Non-Stick Green pan OR Cast iron pan to heat the oil on medium.
- 4) Start with onions and garlic. Once those are golden brown, add green peppers, carrots and mix. Cover for 2 minutes. At this time thaw frozen peas at room temp.
- 5) Add coconut aminos and small amounts of bone broth to avoid burning.
- 6) Add Sliced mushrooms, bamboo shoots, water chestnuts and spices.
- 7) Cover and simmer for 5 minutes. At this time thaw frozen peas at room temp.
- 8) Add Snow peas and thawed peas to the pan, mix well. Add bone broth as needed.
- 9) Cover and simmer for 3-5 minutes. If you prefer more cooked veggies, cook longer. Serve with healthy protein of choice on the side OR add into the mix.

**Nutrition Facts**

Servings 4.0

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Amount Per Serving**calories** 152

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**% Daily Value \*****Total Fat** 4 g **6 %**Saturated Fat 1 g **3 %**Monounsaturated  
Fat 2 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

**Cholesterol** 0 mg **0 %****Sodium** 162 mg **7 %****Potassium** 508 mg **15 %****Total****Carbohydrate** 28 g **9 %****Dietary Fiber** 8 g **31 %****Sugars** 10 g**Protein** 6 g **11 %**Vitamin A **300 %**Vitamin C **107 %**Calcium **27 %**Iron **9 %**