



Turkey & Cabbage Stir Fry

3 servings
20 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tbsp Extra Virgin Olive Oil
- 8 cups Green Cabbage (thinly sliced)
- 1 Carrot (large, julienned)
- 1/4 cup Water
- 1/4 cup Coconut Aminos
- 1 Lime (juiced, plus more for garnish)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1/2 cup Cilantro (chopped)

Directions

- 1 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 2 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 3 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 4 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 5 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

Additional Toppings: Top with additional cilantro.

No Turkey: Use ground chicken or pork instead.