
Broccoli Almond Stir Fry

By Ruby Lathon, PhD

Ingredients:

- ▶ 1 large head of broccoli, cut into florets
- ▶ 1 large red bell pepper, (remove seeds) cut into large 1-2 inch chunks
- ▶ 1/2 cup raw almonds (soaked for 2 or more hours, drain)
- ▶ 1/4 cup sundried tomatoes
- ▶ 1 teaspoon dulse
- ▶ 1 tablespoon Bragg's Liquid Amino
- ▶ ½ teaspoon garlic powder (optional)
- ▶ ½ package of marinated coconut curry tempeh (optional)
- ▶ 1 teaspoon olive oil

Directions:

- ▶ Chop bell pepper Heat about 3-4 tablespoons of water in a wok or stainless steel pan.
- ▶ Add tempeh and cook for 2-3 minutes to brown slightly.
- ▶ Add broccoli, bell pepper and sundried tomatoes. Cover and let cook on medium heat for about 2 minutes, stir occasionally to prevent tempeh from sticking.
- ▶ Add all other ingredients except olive oil. Cover for another 2 minutes until broccoli is bright green and still firm. Remove from heat and drizzle with olive oil. Serve over brown rice or quinoa

