



# Lemon Chia Veggie Stir Fry

You won't miss the meat in this colorful stir fry! It's loaded with bright, healthy colors and tasty flavors. It's a main dish, and the whole thing mixes in just your wok (or skillet) so it's easy to make. You can use your favorite noodles (whole grain linguini shown here for extra fiber) and add hotter peppers if you like extra spicy food.

## Ingredients

- 1 sweet red pepper
- 1 sweet yellow pepper
- 1/2 zucchini (chopped)
- 2 slices of red onion (chopped)
- 1 medium cooked yam (cubed)
- 8 oz noodles
- 2 carrots (bite size strips)
- 1 cup bok choy OR escarole
- 1/2 cup bean sprouts OR shredded broccoli

## Seasonings

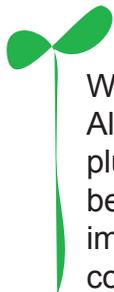
- 1 tbsp soy sauce
- 4 tbsp oyster sauce
- 1 and 1/2 tbsp honey
- 1 tbsp vegetable oil
- 1 tbsp dry MySeeds chia seeds
- 1 tbsp lemon juice
- zest from one lemon

First, cook the yam in the microwave. Cooking time may vary depending on the size of the yam and the power of the microwave. Allow the yam to be slightly under-done, it will be heated again later. (usually about 4 minutes.) While it is cooking, you can prepare the seasonings. Mix together all seasonings ingredients in a measuring cup or small bowl, and set aside. Once the yam is thoroughly cooked, cut it into bite-size cubes and set aside.



Next, prepare the noodles according to package directions. While the pasta is cooking, chop and slice all the vegetables as shown above. Everything should be in about bite-size pieces. Once everything is prepared, heat the wok (or your skillet) and add 1 tbsp vegetable oil. Next, add the carrots, onion and peppers and stir fry for a short time, only until slightly soft. Then add the bok choy, zucchini, yam and broccoli shreds, and cook for one minute. Reduce the heat on the wok and finish by adding the noodles chia, and seasoning mixture. Stir for about 2 minutes until everything is hot & well seasoned. The chia seeds will cling among the ingredients

Scoop the mixture onto your plates and you're ready to serve! You can vary this meal to your own tastes. Bean sprouts often have a spicy flavor, so you can add them instead of broccoli. For a hotter dish, you can use red & yellow capsicum peppers, instead of sweet-peppers.



Why are colorful peppers good for you?

All peppers have lots of vitamin A, K, and C. Red peppers though, have all these vitamins plus extra lycopene which may help reduce the risk of prostate cancer. Peppers taste hot because of capsaicin, which has been studied to reduce cholesterol. It may also boost immunity and kill off a type of harmful bacteria in the stomach. As a general rule, the more colorful a meal is, the more likely it is to be better for you!

**Did You Know....**