



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Sweet Potato Stir-Fry

For stir-fry lovers who have tried them all, this one includes potatoes as a bit of twist.
Vegan- and vegetarian-friendly and delish!!

Ingredients:

- 6 med Sweet Potatoes, *cut bite-sized*
- 1 head Bok Choy, *roughly chopped*
- ½ large Sweet Onion, *chopped*
- ¾ cup Pea Pods
- ¾ cup Baby Spinach
- ½ cup Bean Sprouts
- 3 Tbsp Olive Oil
- 3 Tbsp Soy Sauce, or to taste
- ¼ tsp Ginger, *chopped (optional)*
- Salt to taste



Instructions:

1. Place potatoes into a large pot and cover with salted water; bring to a boil. Boil on medium-high heat until tender but still intact, about 15 minutes. Drain.
2. Heat oil in a large pan over medium heat. Add onion and cook for 1 minute. Reduce heat to medium-low and add pea pods. Add cooked potatoes and increase heat to medium. Cook 5 to 7 minutes more.
3. Add bok choy, bean sprouts, and spinach to the pan. Cover and reduce heat to medium-low; cook about 5 minutes.
4. Add soy sauce and ginger. Cook, uncovered, until juices evaporate and leaves are wilted, about 5 minutes more. Season with salt.