



## Turkey Stir Fry

2 servings  
 30 minutes

### Ingredients

2 tbsps Coconut Aminos  
 1 1/2 tps Honey  
 2 Garlic (cloves, minced)  
 1 1/2 tps Ginger (fresh, grated)  
 1 tbsp Avocado Oil  
 1/2 Yellow Onion (large, sliced)  
 340 grams Extra Lean Ground Turkey  
 4 cups Coleslaw Mix  
 2 stalks Green Onion (chopped thinly)  
 1/4 cup Cilantro (chopped, plus more for garnish)

### Nutrition

Amount per serving	
Calories	417
Fat	21g
Carbs	24g
Fiber	5g
Sugar	16g
Protein	34g
Cholesterol	126mg
Sodium	451mg
Vitamin A	6739IU
Vitamin C	75mg
Calcium	139mg
Iron	4mg
Selenium	33µg

### Directions

- 1 Make the sauce by mixing the coconut aminos, honey, garlic, and ginger together in a small bowl or jar. Set aside.
- 2 Heat the oil in a large skillet over medium-high heat. Add the onions and sauté for two to three minutes until softened. Add the turkey, breaking it up as it cooks. Cook for five minutes.
- 3 Add the coleslaw mix and cook for two minutes or until softened. Add the prepared sauce and cook another two minutes to five minutes, until well combined and the sauce thickens slightly.
- 4 Remove from the heat and stir in the green onions and the cilantro. Divide evenly between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Use ground chicken or pork in place of turkey.