

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Brussel Sprout Stir Fry

- 1 Tbls. oil
- 1 onion chopped
- 1 large potato, peeled and cubed
- 1 bay leaf
- 1 lb brussel sprouts, trimmed and halved lengthwise
- 1 red pepper, seeded and cut into 1/2 inch cubes
- 1 handful of baby carrots
- 1/4 cup chicken broth
- 1 clove of garlic minced
- 1 Tbsp balsamic vinegar
- Ground black pepper to taste
- Salt to taste
- 2 Tbls. chopped green onions

Heat the vegetable oil in a skillet over medium heat. Stir in the onion, potato, and bay leaf. Cook and stir until the onion is transparent, about 5 minutes. Add the brussel sprouts, red pepper, carrots, chicken broth, garlic and vinegar. Cover and cook until vegetables are tender, about 10 minutes. Remove the bay leaf, toss with salt and pepper, to taste. Garnish with green onions, and serve immediately.

