

# **Quick Breakfast Stir Fry**

***Vegan, dairy-free, gluten-free (optional)***

**Recipe by Jentry Lee Hull**

**Category: Breakfast**

**Serves 3**

**Total time 15 minutes**

## **Ingredients**

1 bag frozen veggies/greens (I used @traderjoes green vegetable foursome)

1 cup shredded carrots

1 can chickpeas, drained/rinsed

1/2 Tbsp olive oil or avo oil, optional

2 Tbsp Nooch

salt & pepp, to taste

Red pepper flakes

3 slices Sourdough bread (or tortilla)

1 ½ ripe avos

## **Method**

In a skillet over medium heat, toss full bag of frozen veggies in.

Cook (covered) for 5-8 min.

Stir in 1 cup shredded carrots.

Cover and cook for another 3-5 min.

Incorporate chickpeas.

Season with salt, pepper, nooch, avo/olive oil (if desired).

Reduce heat to low and cover.

Toast bread (or warm tortilla).

Add mashed avo, salt + peep, red pepper flakes to toast.

Top with stir fry and dig in!

## Nutrition Facts

Servings 3.0

Amount Per Serving

**calories** 381

**% Daily Value \***

**Total Fat** 17 g **25 %**

Saturated Fat 2 g **12 %**

Monounsaturated Fat 8 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

**Cholesterol** 0 mg **0 %**

**Sodium** 1768 mg **74 %**

**Potassium** 775 mg **22 %**

**Total Carbohydrate** 48 g **16 %**

**Dietary Fiber** 15 g **58 %**

**Sugars** 4 g

**Protein** 12 g **23 %**

Vitamin A **311 %**

Vitamin C **10 %**

Calcium **26 %**

Iron **20 %**

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.