



## STIR FRY ITALIAN STYLE

### INGREDIENTS:

Coconut Oil

Gluten Free Italian Sausage - You could easily omit this and have it ovo-vegetarian.

Bell Peppers - julienne

Grape Tomatoes - halved

Onions - julienne

Garlic - chopped

Mushrooms - sliced

Asparagus - cut into 1 inch pieces

Pasta

Eggs

Salt and Pepper

Oregano

I'm sure you noticed that I didn't put any specific measurements here. I did it on purpose. This is a personal kind of thing. You can add more of what you want, less of what you don't want, and even change a few of the veggies involved. In other words, this is a highly flexible dish based on what you may have on hand. Perfect for a quick "I don't know what to fix tonight for dinner" fix.

### DIRECTIONS:

Cook your pasta according to package directions. Drain and then rough cut. It's easier to stir-fry if it is in smaller pieces.

While your pasta is cooking - in a sauté pan, sauté your other ingredients in coconut oil. Cook the ones that take longer to cook first. With the ingredients above - you'd start

with your sausages, onions, and peppers. Then add in your asparagus and mushrooms. Lastly add in the garlic and the tomatoes.

Once your pasta is ready, and veggies are tender, toss the pasta into the veggie mixture.

In a small bowl, whip up your eggs. For the two of us, and the amount I made, I used 2 eggs. I seasoned it with salt, pepper, and dried oregano.

Pour the egg mixture into the pan, coating the ingredients, and cooking the egg.

This would be great with a side salad - but there ARE plenty of veggies in here so it's OK to go without. Notice in the pic - it's more veggie heavy than anything else.

Enjoy!