

SAUSAGE STIR FRY

INGREDIENTS

1 tsp coconut oil
1/2 cup onion, chopped
1/2 cup mushrooms, sliced
4 sausages, lean, sliced
4 cups spinach
2 cups kale
1 dash salt & pepper

INSTRUCTIONS

1. Heat oil in large skillet.
2. Add onions and stir fry 2 minutes.
3. Add mushrooms and stir fry until onions are translucent. Transfer into a bowl.
4. Add sausage to skillet and cook until brown.
5. Add greens, onions and mushrooms. Cover and reduce heat.
6. When all greens are wilted, serve with salt & pepper. Enjoy!

PER SERVING

Protein (g) 24
Carbs (g) 43
Fat (g) 21
Calories 440

Serves 4