

# What to do with all those summer veggies – STIR FRY



Do you have a CSA share (community supported agriculture)? Are you growing your own veggies and want to use as much as you can while they're fresh? I'm doing both so it's the season to get creative.

For those of us with CSAs, you probably know what it's like to get a vegetable you've never seen before. And since you've never seen it before, what do you do with it? STIR FRY. No matter what veggie it is, you can make it tasty in a stir fry. Here's one I just created. It took me 20 minutes total (besides marinating and having the rice already cooked from the day before).

To make it you'll need:

3/4 pound chicken thighs (preferred) or 1-2 large boneless/skinless chicken breasts (much less nutritious) (marinated all day in the frig with coconut aminos)

2 small or 1 large onion sliced thinly (unless you'd prefer more crunchy)

1 large carrot sliced 1/4" thick

2 small summer squash sliced 1/4" thick

2 bok choy, chopped

4-6 leaves kale, chopped

1/4 cup bacon grease (free-range only)

1 T sesame oil

1 T coconut oil  
1 tsp organic garlic powder  
1 tsp sea salt  
2 T sunflower seeds ([soaked and dehydrated preferred](#))  
Optional – 3-4 cups of cooked rice (best if it's been soaked before cooking)

Melt bacon grease in medium heat large skillet and once melted, put in the chicken breast to sear on both sides (about 3-5 minutes each side). It's a good idea to have a screen handy to keep the splatter to a minimum. While it's cooking, that's when I do the chopping, but you can have it all chopped in advance if you like.

Remove breast from pan to a plate or cutting board and throw the onions and carrots in the skillet – cover with screen. Slice up the chicken breast in about 1/2" slices and throw in with the onions and carrots. Turn the heat down to low/medium. Stir every few minutes.

Once the chicken is back in the pan, in another skillet melt the coconut oil over medium heat then add the squash. Cook about 5 minutes then add the greens and garlic powder. Cover with a lid and let simmer over low/medium heat for about 5 minutes.

You'll know the chicken/onion/carrot mixture is done (about 10 minutes) when you take a piece of the chicken out and cut it on a plate and it's nice and tender. Now, put the rice and sesame oil in the big skillet and mix together. The other skillet should be about done so mix those veggies in, too. Add salt to taste and top with sunflower seeds on individual servings.

If you wonder about the rice preparation, see my [Yummy Good for You Casserole](#).

Don't have the veggies listed? Substitute WHATEVER veggies you have.

Don't have the bacon grease? Substitute grass fed lard or ghee or butter. Remember, you NEED THE FAT! All [healthy traditional diets](#) had an abundance of fats.

Don't have the sunflower seeds? Substitute almonds, sesame seeds, cashews...anything with a crunch. Watch the preparation methods, though, for maximum nutrition.

Don't have the aminos on hand? Add a little extra salt at the end and you'll be fine.

Want it to have a little more kick? Sprinkle in a bit of organic cayenne.

Just STIR FRY!

Wishing you a summer full of **real food** for **real health** so you can be **real happy**.

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## **Eat Red Meat!\***

\* from grass fed cows – local farms if you can



I just got done listening to an interview with Dr. James Carlson about the importance of red meat and saturated fat in the diet and how the recent study that came out from Harvard

is fraught with poor research and advice. That report says any level of red meat consumption increases the rate of mortality. I strongly encourage you to take a listen at [red-meat-bane-or-boon](#).

Dr. Carlson is the author of a book entitled *Genocide: How Your Doctor's Dietary Ignorance Will Kill You*. Think about that title, please, because it speaks a sad and deadly truth. Dr. Carlson specializes in treating patients with heart disease, diabetes and obesity and does so by encouraging his patients to eat more red meat and animal products and reduce their consumption of whole grains and fruits. He says he sees "wonderful health benefits" when they change their diet in this way.

Because I know how busy everyone is and how inundated we are with SO much information, I felt compelled to note some of the highlights of the interview. This is very very important information that is contrary to the mainstream ill-advice the media is perpetuating.

The above mentioned "study" is based on questionnaires filled out by people from memory. Inferences were then drawn from those results. Lifestyle factors (confounding factors) like smoking, drinking, BMI and being sedentary were not adequately considered. No differentiation in the source of the meat was made. So corn fed, hormone and antibiotic laden factory cows were put in the same category as beef from cows raised in the sunshine on pasture. There is a difference. We are what we eat and the cows are what they eat.

Dr. Carlson points out in the interview the importance of cholesterol and saturated fat in the diet for proper nervous and circulatory system function. As a biochemist, he stresses that the danger comes not from eating cholesterol but from when our body creates cholesterol out of glucose and fructose. In the modern U.S. diet, this means processed food – and items like whole grains, pasta, rice and fruit. These products

contain an overabundance of carbohydrates that break down to simple sugars which form the cholesterol that causes deadly plaque in the arteries. When his patients back off on carbs, their critical lab numbers (i.e. blood sugar and blood pressure) improve. He also contends that he has seen HDL increase more with the consumption of good saturated fats than with exercise.

Denise Minger's analysis of the Harvard study was discussed. I encourage you to look further into her [critical, well written examination](#) of the faulty research.

Carlson's "take home" from the interview is to be VERY cautious about the advice from this study. He ends by saying if you're obese and have issues with diabetes and heart disease, grass fed red meat is the way to go (and back off whole grains and fruit)...based on his clinical practice of over 20 years.

As always, I encourage you to do your own research and come up with your own conclusions.

Until next time, wishing you Real Food for Real Health so you can be Real Happy