

# Pork Stir Fry

**2 lbs boneless pork chops, seasoned with salt & pepper**  
**2 cups broccoli, chopped**  
**1 cup Spanish onion, chopped**  
**2 cups baby greens**  
**1 cup red peppers, sliced**  
**1 cup snap peas**  
**3 tbsp. Soy Sauce**  
**2 tbsp. garlic, minced**

Cut pork chops into thin strips.

In a frying pan, add 2 tbsp. Olive Oil. Sauté onions, garlic and peppers on medium high until almost soft. Add pork strips, stir. Add the rest of the vegetables and the soy sauce. Stir a few times until cooked. Total time should be around 10-12 minutes.

Serve with rice.

