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Sweet Potato Stir Fry

Ingredients: 4 oz pork chop

4 oz Japanese sweet potato, sliced lengthwise ¾-inch thick

1 cup cut cabbage (I like purple, for the color)

1/2 cup cauliflower (again, purple)

1/2 cup broccoli

Salt and pepper, to taste

Directions:

Place sweet potatoes in oven at 425 for 15 minutes. Meanwhile, cook pork chop on medium heat until done. Add cabbage, broccoli and cauliflower to skillet and cook until cabbage is wilted. Mix with pork, sweet potato and eggplant and season with salt and pepper