



Turkey Kielbasa Stir Fry Lunch

NIBBLEDISH CONTRIBUTOR

Ingredients

- 4 oz turkey kielbasa (Jenni-O is the brand I used) grilled in a pan or on the Foreman grill
- 3/4 cups fresh vegis (I had string beans but broccoli, onion, etc. would also be good)
- 2 TBS of soy sauce or Yoshidas marinade (found at Costco)
- red chili pepper flakes
- 1/2 cup steamed brown rice

Instructions

sautee vegis in yoshida sauce until softened. Toss in grilled kielbasa & chili flakes and remove from heat. Serve over brown rice with a side salad for a yummy lunch!