**SPICY TURKEY AND RICE STIR FRY**

serves 2

ingredients:

1/3 cup leftover turkey, chopped into small pieces
1 cup cabbage, roughly chopped
1/3 yellow onion, sliced thinly into 1/2 rings
leaves of 3 brussels sprouts (\*you can chop up the remaining fragments of the sprouts and add them with the cabbage)
3/4 cup cooked rice
1/3 cup soy sauce
2 tbsp red pepper flakes (this is a bit spicy, so adjust this to your spice tolerance)
vegetable oil spray
4 tbsp vegetable oil, divided

directions:

1. preheat the oven to 350
2. lay the brussels sprout leaves out on a small sheet tray and spray with vegetable oil spray and bake for approx. 5 minutes or until the leaves are lightly brown and are crispy
3. evenly coat the bottom of a deep sauce pan with 1 tbsp vegetable oil and put it over the stovetop on medium-low heat
4. add the rice to the pan in an even layer, folding it over ~ every 20 seconds until the rice is toasted, most of the moisture from the original preparation of it is gone, and it is light brown in color
5. remove the rice from the pan and spread it out in an even layer on a plate (if it is in a pile on the plate it will start to steam)
6. add 1 tbsp of oil to the pan and turn the heat up to medium-high heat
7. sauté the onions until brown then remove to a separate plate from the rice (again, you don't want to steam the rice)
8. add the remaining 2 tbsp of oil and the cabbage (with brussels sprout remnants) to the pan for 20 seconds
9. drizzle in 1/8 cup of water and stir the cabbage (this should deglaze any brown flavor from the bottom of the pan)
10. add another 1/8 cup of water if needed and cook just until the cabbage is soft, I wouldn't suggest adding more than 1/4 cup of water
11. remove the cabbage to the onion plate
12. turn the heat down to low and add the soy sauce and red pepper flakes to the pan
13. stir until the sauce is slightly thickened then spoon it out of the pan, leaving 2-3 tbsp of it remaining in the pan
14. turn the heat back up to medium and add the turkey, cooking until just warm
15. stir the cabbage, onions, and 4 tbsp of the sauce in with the turkey
16. fluff the rice with a fork then add it in with the rest of the ingredients
17. serve and top with the brussels sprout leaves and additional sauce