

## Turkey Crudite Stir Fry

### Ingredients:

2 tablespoons high heat cooking oil  
4 cups leftover raw crudite vegetables, any assortment  
2 tablespoons minced garlic  
2 tablespoons minced ginger  
2 cups leftover cooked turkey  
3/4 cup chicken broth  
3 tablespoons soy sauce  
1 teaspoon sesame oil  
Optional: sliced green onions and toasted sesame seeds for topping

### Preparation:

In a large wok or frying pan over high heat add the oil and heat over medium-high heat until sizzling.

Toss in the leftover fresh vegetables from your crudite tray, including onions, green and red peppers, mushrooms, cauliflower, broccoli, celery, and anything else you want.

Add garlic and ginger, quickly stirring to combine.

Cook stirring constantly just until garlic is fragrant and vegetables are crisp-tender, about 3 to 4 minutes.

Add turkey, broth, and soy sauce and cook quickly, stirring once, until mixture is heated through, about 3 or 4 minutes.

Remove from heat and drizzle in sesame oil, mixing in.

Serve over rice or Asian noodles. Top with onions and sesame seeds if desired.

Serves about 4 to 6 people.