

# **ARTICHOKE AND LION'S MANE MUSHROOM STIR-FRY**

ON A BED OF FRESH LEAFY GREENS

## **Ingredients:**

1/2 cup artichoke hearts (cooked and chopped)

1 head oakleaf lettuce (chopped)

1 bunch spring onions (sliced)

1 bunch Tokyo turnips (sliced)

1 bunch beets (roasted and sliced)

1 bunch chard or kale (chopped)

1 cup lion's mane mushrooms (sliced)

2 cloves garlic (minced)

2 tbsp olive oil

2 tbsp soy sauce

Salt and pepper to taste

## **Directions:**

Heat olive oil in a large skillet over medium heat. Add garlic and spring onions, sauté until fragrant.

Add lion's mane mushrooms and cook until tender, about 5 minutes.

Stir in artichoke hearts, turnips, and beets. Cook for another 5 minutes.

Add chard or kale and soy sauce. Cook until greens are wilted, about 3 minutes.

Season with salt and pepper. Serve warm over a bed of chopped oakleaf lettuce.