



### **Savory FriChik\***

2 (12.5 oz) cans of FriChik Original  
1 teaspoon Italian seasoning  
1 small onion, finely chopped  
1 teaspoon Smoked Paprika  
1 red or green pepper, diced  
1 package Mayacamas Savory Herb Gravy  
1 garlic clove, grated  
3 tablespoons olive oil  
2 tablespoons coconut oil

Directions: Chop the FriChik in small pieces and set aside in a bowl.  
\*Place olive oil and coconut oil in skillet on low heat. Sauté diced pepper, onion and garlic in oils until cooked. Add chopped pieces of FriChik stirring until blended. Prepare gravy mix separately and add to FriChik mixture; cover skillet and simmer on low heat for 15 - 20 minutes. Serve over cooked brown rice. Serves 6-8.  
\*Important- sauté on low heat since using olive and coconut oils.

*Submitted by Rachel S. of North Carolina*