

Stir-fried Veggies with Rice



Ingredients:

1 T neutral Vegetable oil (organic canola or sunflower)

½ Onion, small diced (about 1 C)

1 large clove of Garlic, minced

2 tsp peeled and minced ginger (if grating or using a microplane reduce to 1 tsp)

1-2 sweet or bell pepper, sliced in ¼ inch slices (about 1 C)

1 Jalapeno, Poblano or other hot pepper, cut into ¼ inch squares (optional)

1 medium Zucchini or Summer squash, cut into ½ inch pieces (about 1 C)

Handful of Green beans, cut in ½ inches on the bias

1 ear of Corn, kernels cut off of the cob

3 C plain cooked rice, brown or long grain white rice, preferably cold (great use of leftover rice)

Salt & ground black pepper

Pinch Chili flakes (optional)

1 T soy sauce

1 T Roasted sesame oil

2 tsp Roasted sesame seeds

Optional Vegetables: celery, cut on the bias, carrots cut into small pieces, frozen peas

Method: *It's important to have all of your vegetables prepped and next to your stovetop as this will go quickly once you start.*

Heat a well-seasoned medium to large fry or sauté pan until hot and add the neutral vegetable oil. When the oil is hot add the onions with a pinch of salt. Stir and add the garlic and ginger. When the vegetables are aromatic, start adding in your vegetables in the order of hardness (celery and carrots, if using), peppers and green beans, seasoning with a pinch of salt with every addition of vegetables. When the vegetables are tender, then add the zucchini, corn, and peas if using, this time seasoning with ground black pepper and chili flakes, if using as well as salt. When the vegetables are cooked but still al dente, add in the cold rice, separating the grains with your fingers. Stir together and when the rice is hot, add the soy sauce, sesame oil and sesame seeds. Stir together and taste. Adjust with soy sauce, sesame oil or salt. Serve immediately. Leftovers are great as a cold lunch the next day.