



Veggie Fried Rice



Prep Time: 10 Min Cook Time: 15 Min Serves: 4-6

Ingredients:

- 3 cups cooked brown rice
- 2 Tbsp olive oil
- 1 Tbsp peeled and minced fresh ginger (or 1 tsp ginger powder)
- 4 cloves garlic, minced
- 1 cup diced carrots (1/4 inch chunks)
- 1 cup diced yellow onions
- 1 1/2 cups small diced broccoli florets
- 1 cup small diced red bell pepper
- 1 cup shredded purple cabbage
- 4 large eggs
- 1/4 cup low sodium soy sauce
- 2 Tbsp sesame oil

Instructions:

1. Cut all the vegetables into small chunks, about 1/4 inch.
2. Mince garlic and ginger.
3. Heat olive oil in a large wok (or large, deep skillet) over medium-high heat.
4. Add carrots and onions and saute until soft (5-10 minutes).
5. Add garlic, and ginger, saute for 1 minute.
6. Add broccoli, cabbage, and bell pepper. Saute until veggies are soft (3-4 minutes).
7. Move veggies over to one side of the pan and crack eggs into opposite side. Scramble and cook until eggs are firm.
8. Stir in rice, soy sauce, and sesame oil. Cook for 2 minutes, stirring continuously.
9. Serve warm.

**Get creative!
Add your favorite
veggies or protein
to the stir fry!**

