



The Edible Garden

Recipe featured at *Cooking for the Season* demonstration, August 12

Veggie Patch Fried Rice

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Serves 8

Ingredients

2 tablespoons vegetable oil
1 small red pepper, diced
2 carrots, shredded (on cheese grater)
1 tablespoon gingerroot, minced
4-5 scallions, thinly sliced (can add more for garnish)
1 cup shelled summer peas or ½ green cabbage
1 cup dark greens (such as chard, spinach, etc)
2 eggs
6 cups cooked brown rice (must be cold)
½ cup soy (tamari) sauce
2 tablespoons toasted sesame oil
Salt and pepper for seasoning
1-2 tablespoons sweetener (sugar, maple), optional

Instructions

1. In a large deep bottom pan, heat the oil and cook the red pepper, carrot and ginger for approximately 3 minutes.
2. Next add your other vegetables (scallions, greens, peas) and cook an additional 2 minutes.
*Note – you can substitute whatever vegetables you have on hand for what’s in this list. Try to make sure there is a variety of colors – green, red, orange, etc.
3. Push the vegetables to the left side of the pan. Next add your two eggs that you have lightly beaten with a fork in a separate bowl. You will scramble them on the right side of the pan and then mix them into the vegetables.
4. Add your soy and sesame oil, and check for flavoring.
5. Toss the rice well and cook for an additional two minutes or until heated through. Check again for seasoning, and add salt and pepper as needed.
6. In empty pan, add some soy sauce, sweetener and water. Heat until sweetener dissolves, then add on top of veggies. Enjoy!