

VEGGIE FRIED RICE

*WHEN POSSIBLE, USE ORGANIC OR LOCAL PRODUCTS

My youngest son asks for this dish all the time. We often pair it with a veggie/fruit loaded smoothie for a complete meal. Use whatever veggies you have on hand—totally delicious!

PREPARE RICE AHEAD OF TIME & STORE IN FRIG

- 4 CUPS LONG GRAIN BROWN RICE COOKED ACCORDING TO PACKAGE DIRECTIONS & CHILLED OVERNIGHT

PREPARE VEGGIES, ETC.; SET ASIDE.

- 2 TSP ORGANIC GARLIC MINCED
- 1 BAG CABBAGE SLAW OR BROCCOLI SLAW
- 3/4 CUP CARROTS (SHREDDED)
- 1 CUP BROCCOLI /BROCCOLI SPROUTS (CHOPPED)
- 3/4 CUP PEAS FRESH OR FROZEN
- 3/4 CUP KALE FRESH OR FROZEN CHOPPED
- WHATEVER OTHER VEGGIES CALL YOUR NAME

COMBINE SAUCE INGREDIENTS IN SMALL MIXING BOWL; SET ASIDE.

- 1/2 CUP COCONUT AMINOS OR TAMARI
- 1/4 CUP MAPLE SYRUP GRADE B
- 2 TBS EVOO
- 2 TBS RICE VINEGAR OR ACV
- 2 TSP TOASTED SESAME OIL
- 1/2 TSP CHILI OIL OR SRIRACHA TO TASTE
- 1/2 TSP GINGER TO TASTE
- RED PEPPER FLAKES TO TASTE
- PINK SALT TO TASTE

LET'S GET TO COOKING!

1. COAT WOK WITH EVOO & SAUTE GARIC TIL SOFT.
2. ADD VEGGIES & COOK ON MEDIUM HEAT UNTIL DESIRED TENDERNESS; TRANSFER COOKED VEGGIES TO A BOWL & LET STAND.
3. YOU MAY NEED TO ADD A LITTLE MORE EVOO TO WOK (NO REASON TO CLEAN THE PAN), THEN ADD RICE TO WOK & COOK ON MED/HIGH HEAT UNTIL SLIGHTLY BROWNED.
4. NOW TOSS YOUR VEGGIES BACK INTO THE WOK WITH YOUR RICE. TOSS TO COMBINE IT WELL ABOUT 1 MINUTE.
5. NOW ADD YOUR SAUCE & COOK A FEW MINUTES UNTIL PIPING HOT.
6. OPTIONAL ADD-INS:
 - *ADD IN A FEW SCRAMBLED EGGS IF DESIRED
 - *TOP WITH CRISPY WONTONS, PEANUTS OR SESAME SEEDS!



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