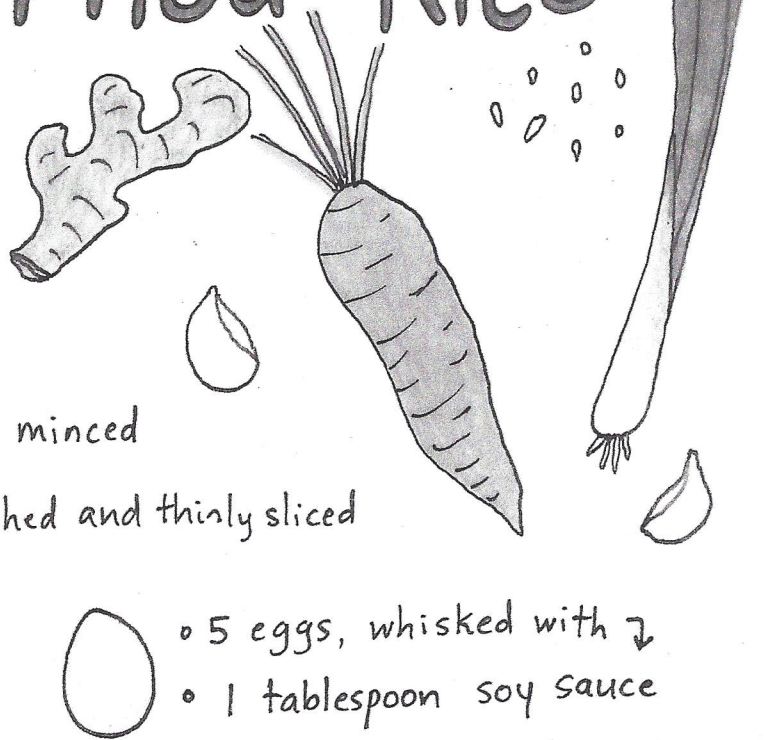


Vegetable Fried Rice

INGREDIENTS

- 3 tablespoons canola oil
- 4 cloves garlic, peeled and minced
- 2-inch piece ginger, peeled and minced
- 5 cups assorted vegetables, washed and thinly sliced
- 5 cups cold cooked rice
- 1 tablespoon sesame oil
- 3 tablespoons soy sauce



- 5 eggs, whisked with 2
- 1 tablespoon soy sauce

* Fried rice is best cooked over high heat in small batches. If you can, cook this recipe in two batches, each using half of the ingredients listed above.

◦ In a wok (or large pan) heat the canola oil over high heat until it begins to shimmer. Add the ginger and garlic and stir quickly, making sure nothing sticks to the bottom of the pan. Add the crunchy vegetables (onion, carrot, celery) immediately and continue stirring. Cook for 2 to 3 minutes or until the vegetables begin to soften and look cooked. Add the leafy vegetables (bok choy, chard etc.) and cook for another 2 or 3 minutes, still stirring. When the greens look cooked add the toasted sesame oil and rice and continue to stir. After about 2 minutes scrape the rice and vegetables to the sides of the pan, uncovering the center of the pan. Add another tablespoon of oil in the empty center of the pan, and then the eggs. Scramble the eggs without mixing in the rice. Once the eggs are cooked, add the soy sauce and mix everything together. Serve hot and enjoy!