

Stir Fry Vegetables With Brown Rice

Serves 4

Ingredients

1 tablespoon sesame oil
3 green onions, finely chopped
3 tablespoons fresh ginger, minced
4 cups fresh broccoli, chopped
½ pound fresh green beans, chopped
2 carrots, peeled and sliced on diagonal
2 cloves garlic, minced
4 cups greens, chopped (kale, bok choy, spinach, collards, etc)
1 can sliced water chestnuts, drained
3 cups cooked brown rice
2 tablespoons soy sauce
1 ½ cups peas (if frozen run under water to thaw)
½ cup toasted sliced almonds

Instructions

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal
7. Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

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