

# Vegetable Fried Rice

3 tablespoons olive oil

4 cloves garlic, peeled and minced

1 tablespoon peeled and minced fresh ginger

5 cups assorted vegetables, washed and chopped (bok choy, tat soi, carrots, chard, scallions, celery, peas, squash)

5 cups COLD cooked rice

2 teaspoons smoked sesame oil

5 eggs, lightly beaten

1/4 cup soy sauce

salt and pepper



In a large, heavy bottomed skillet, heat the olive oil over medium heat. Add the garlic and ginger; cook for 30 seconds. Add all of the vegetables and cook for about 5 minutes until done but still a little crisp. Add the rice and sesame oil, stir to combine. When the rice is hot, add the eggs and soy sauce, cooking until the eggs are dry. Season with salt and pepper.

DOUBLE

HAPPINESS