

Rice Fried Vegetables



Serves 4

30 minutes or fewer

In this vegetable fried rice reversal, the vegetables are dominant and the rice secondary. Feel free to substitute, add, or augment the vegetables—just don't subtract.

1 Tbs. plus 1 tsp. toasted sesame oil or peanut oil, divided

3 large eggs, beaten

3 green onions, chopped (¼ cup)

3 Tbs. minced fresh ginger

4 cups chopped fresh broccoli

½ lb. chopped asparagus or green beans

1 medium carrot, cut in thin slices on the diagonal (½ cup)

2 cloves garlic, minced (2 tsp.)

4 cups chopped kale, collards, spinach, or Swiss chard

3 cups cooked brown rice

2 Tbs. low-sodium soy sauce

1 tsp. sriracha chile sauce

1 ½ cups frozen peas, thawed

¾ cup toasted sliced almonds

Heat small skillet over medium heat 1 minute. Add 1 tsp. oil, and swirl to coat pan. Wait 30 seconds, then add eggs. Tilt pan in all directions to let eggs flow to edges, and cook 2 to 3 minutes, lifting cooked eggs to allow uncooked eggs to flow underneath. Flip omelet, and cook 30 seconds more, or until dry, but not browned. Transfer to plate, and cut into strips.

Heat large, deep skillet or wok over medium heat 1 minute. Add remaining oil and swirl to coat pan. Add green onions and ginger, and sauté 5 minutes or until onions are soft. Stir in broccoli, asparagus, carrot, and garlic, and stir-fry 8 to 10 minutes, or until vegetables are crisp-tender. Fold in kale with tongs. Cook 2 minutes, or until kale is bright green and slightly wilted. Stir in rice, soy sauce, egg strips, and sriracha chile sauce. Serve topped with peas and almonds.

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