

Vegetable Fried Rice

This dish can easily be a meal by itself but with the addition of sautéed tofu, tempeh, chicken, or fish, you'll boost the protein content even more. You can vary the vegetables to what is in season. We like to add a lot of green vegetables to the mix, such as bok choy, kale, mustard greens, and spinach. Garnish with toasted sesame seeds for a beautiful presentation.

- 2 to 3 tablespoons coconut oil or sesame oil
- ½ cup raw cashews (optional)
- 5 green onions, cut diagonally into 2-inch pieces
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 large carrot, peeled and sliced into diagonals
- 2 stalks celery, sliced into diagonals
- 4 cloves garlic, crushed
- 1 to 2 teaspoons grated fresh ginger
- 6 cups cooked brown basmati rice
- 2 to 3 cups chopped spinach, chard, cabbage, or bok choy
- 3 tablespoons tamari or coconut aminos
- 1 tablespoon brown rice vinegar or coconut vinegar

Heat a deep 11-inch or 12-inch skillet over medium-high heat. Add the oil and then the cashews; sauté for about 30 seconds or until golden. Quickly add the green onions, broccoli, cauliflower, carrot, and celery. Sauté for 5 to 7 minutes or until vegetables are crisp-tender. Add the garlic and ginger; sauté 30 seconds more.

Then add in the rice, adding more oil if necessary. Keep everything moving in the pan. Next add the chopped spinach. Sauté for a minute then add the tamari and vinegar. Taste and adjust seasonings if necessary. Serve immediately.

Yield: 6 to 8 servings

Ingredient Tip:

You will need to cook two cups of long grain, jasmine, or brown basmati rice for this recipe. Make sure it is completely cool before adding it to the vegetables. It is best to use rice that is at least a day old and straight from the refrigerator for fried rice. Warm, fresh rice will clump together and become mushy when fried.