



Garden Vegetable Rice

Ingredients

4 cups of cooked white or brown rice
2 tbsp cooking oil
1 onion, diced small
2 carrots, peeled and diced small
1 bell pepper, diced small
1 zucchini, diced small
1 cup of chopped spinach
1/2 cup of finely chopped green onions
Salt and black pepper to taste

Servings: 6

Prep time: 15 minutes

Cook time: 10 minutes

Total time: 25 minutes

Directions

1. Heat oil in a large skillet over medium heat. Add onion and cook for 2-3 minutes.
2. Add all vegetables, salt and pepper; stir and cook for 1 minute.
3. Cover the skillet and cook, stirring occasionally, for 5 minutes, or until carrots are tender.
4. Add the cooked rice to the skillet with vegetables and mix well, cooking for 1 more minute or until rice is warm and all ingredients are incorporated.

Tips: Garnish with parsley or cilantro. For extra protein and flavor, you can add a fried egg or beans.