**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

**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.

**Servings:** 6  
**Prep time:** 15 minutes  
**Cook time:** 10 minutes  
**Total time:** 25 minutes