

Asian-Inspired Vegetable “Fried” Rice Serves 4

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal programs. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative at the 6 farmers markets. This builds on her previous commitment with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers’ markets and community gardens.*

Ingredients:

- 1 onion, minced
- 1 red or green pepper, minced
- 1 cup of kale or collard greens, ribs removed, cut into thin strips
- ½ pound broccoli, trimmed and chopped, fresh or frozen, thawed
- 2 carrots, cut into thin circles or grated
- 1 cup of peas
- 2-3 cloves garlic, minced or grated
- 1 teaspoon ground ginger or fresh ginger, grated
- 2 cups cooked brown rice, set aside
- 1 tablespoon of reduced sodium soy sauce



Directions:

1. Heat a large pan over medium-high heat. Lower heat and add 1 tablespoon of olive oil.
2. Add onions and peppers, cook until softened. Add kale and cook until slightly wilted.
3. Next add broccoli, carrots and peas. Cook for another 5-7 minutes until veggies are firm, but tender.
4. Add garlic and ginger and cook until fragrant, approximately 30 seconds.
5. Toss in brown rice and warm through. Season mindfully with soy sauce. Adjust flavoring as needed and serve warm!

Chef Raquel Rivera-Pablo

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