

Rainbow Vegetable Stir Fry

Total Time: 50 mins.
Serving Size: 4-6

Step 1: Prep vegetables according to ingredient list, set aside.

Step 2: Add brown rice to a pot of water (or rice cooker) & cook accordingly.

Step 3: Cook edamame according to package & set aside to add later.

Step 4: Saute onions & scallions (whites), approximately 5 minutes.

Step 5: Add the cabbage, peppers, carrots & ginger to the frying pan & cook on medium heat, approximately 10 minutes, until tender.

Step 6: Once the vegetables are cooked, add the rice, edamame, chickpeas & teriyaki sauce to the frying pan.

Step 7: Toss well until all ingredients are coated & warmed, 1-2 mins.

Step 8: Top with sesame seeds & scallions (greens), serve warm.

*If limiting oil consumption you can substitute vegetable broth, chicken broth or water.



Ingredients



2-3 Colorful Peppers, Sliced



1 Cup Purple Cabbage, Sliced



1 Cup Brown Rice



2 Large Carrots, Peeled



12 Oz. Shelled Edamame



16 Oz. Can Chickpeas



1 Medium Onion, Sliced



4 Scallions, Greens



4 Scallions, Whites



1 Teaspoon Ginger



Roasted Sesame Seeds



1/3 Cup Teriyaki Sauce