

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