

BROWN RICE & VEGGIE STIR FRY

Yield: 2 - 4 servings | Total Preparation Time: 45 minutes



Ingredients

- 1/2 cup uncooked brown rice
- 1 cup cabbage, chopped
- 1/2 head of broccoli, chopped into florets
- 1/2 bell pepper (color of choice), chopped
- 1/2 zucchini, chopped into medallions
- 4 cloves garlic, minced
- 1 handful fresh parsley, finely chopped (optional)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons soy sauce

Instructions

1. Cook the brown rice according to package directions.
2. Place some water in a wok or frying pan and bring it to a boil. Then add the veggies (they must be covered by the water) and cook for 1 to 2 minutes over high-heat. Drain the veggies and set aside on a plate.
3. Heat the oil in pan and add the garlic and option to add parsley. Cook over high-heat for about 1 minute, stirring occasionally.
4. Turn heat off. Add the vegetables, rice and soy sauce. Toss to combine and cook for an additional 1 to 2 minutes.
5. Serve hot and ENJOY!



Brown rice is a whole grain that is high in fiber, vitamins, and minerals! It is a healthier choice than white rice because it contains more nutrients. The fiber and protein found in brown rice makes it have less of an impact on blood sugars than white rice does. It is a more heart-friendly and blood-sugar-friendly choice.

