

Vegetable Fried Rice

Ingredients:

1 cup chopped seasonal vegetables (zucchini, carrots, beans, peas)

½ cup chopped fresh tomatoes

Cilantro (optional)

2 tbsp oil

2 eggs

2 cups cooked rice

2 tbsp Tamari

Method:

Heat oil in pan. Add chopped vegetables and cook briefly. Pull vegetables to one side of pan and add the eggs to the other side. As the eggs begin to solidify, break up the mass and mix with the vegetables. Add the rice and tamari and fry briefly. Serve with chopped fresh tomatoes and optional cilantro.