



Autumn Asian Stir Fry

Serves 4-6

Ingredients:

2 cups brown rice (or any rice you have on hand)
1 Tbsp. olive oil
1 garlic clove, minced
2 scallions, thinly sliced
1 carrot, julienned
½ cup edamame, removed from pods
1 daikon radish, julienned
1 medium eggplant, diced
1 bell pepper, cored, seeded and thinly sliced
1 ½ cups of cabbage, cut into chiffonade
4 Tbsp. soy sauce
2 Tbsp. rice vinegar (or white vinegar)
2 tsp. of sesame oil
2 Tbsp. honey
1 Tbsp. of cornstarch
1 cup of vegetable broth or water
8 basil leaves
Salt and pepper, to taste

Preparation:

1. If you haven't already, make sure your mise en place is ready. Prepare all of your vegetables.
2. Cook the rice according to package directions.
3. In a mixing bowl, whisk together soy sauce, vinegar, sesame oil, honey, cornstarch, and broth/water. Set aside.
4. Heat olive oil in a wok or a large sauté pan on medium. Add garlic and green onions. Sauté for 2-3 minutes until fragrant.
5. Add carrots, edamame, daikon, eggplant, and bell pepper. Sauté for 6-8 minutes until softened, stirring frequently. Add sauce mixture and bring up to a simmer. Add cabbage and saute for 2 more minutes. Add basil, and stir. Serve over rice.



Growing Communities of Healthy Eaters

Blistered Shishito Peppers

Serves 4-6

Ingredients:

1 ½ pints shishito peppers

1 Tbsp. olive oil

1 lemon wedge

Salt to taste

Preparation:

1. Heat a skillet over medium.
2. Pat the shishitos dry and toss them in a mixing bowl with the olive oil to coat.
3. Add the peppers and let them cook, stirring every minute or so, until they are tender with charred spots, about 8 to 12 minutes.
4. Squeeze lemon wedge and sprinkle salt onto peppers. Serve on the side with stir fry.