

Garden Stir-Fry

Serves 4-5



Ingredients:

- 2 tablespoons olive oil, for sautéing
- 1 medium yellow onion, minced
- 2-3 garlic cloves, minced
- 1.5 cups finely chopped purple cabbage (about ¼ of a head)
- 1 cup grated carrot (about 1 medium carrot)
- ¾ cup frozen peas
- 2 cups cooked brown rice
- 3 tablespoons soy sauce or tamari (gluten-free soy sauce)
- ½ teaspoon pepper
- ½ teaspoon ground ginger

Directions:

1. Wash hands.
2. Heat 2 TBSP of olive oil in a large pot over medium heat.
3. Add onions, and sauté for 2 to 3 minutes, or until translucent.
4. Add garlic and purple cabbage, and sauté for another 1-2 minutes.
5. Add carrots and peas, and sauté for another 1-2 minutes.
6. Add rice, tamari, pepper, and ground ginger, and mix well.
7. Serve, and enjoy!

* Note: Play with other ingredients! You can add other vegetables like bok choy, broccoli, or leafy greens.

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We're a local nonprofit, and we're so glad to be gardening and cooking with your kids at school!

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Why Garden Stir-Fry?

This recipe is a great way to clean out the refrigerator, reinvigorate leftovers, and limit food waste! Any grain or vegetable you have on hand will work with this Asian-inspired sauce. It's also a fun way to eat all the natural colors of the rainbow! Red bell peppers? Green onions? Orange carrots? Have fun creating a colorful plate!

Ask your student chef...

- How can we be safe and clean in the kitchen?
- How would you describe this dish through taste, smell, and sight?
- What ingredients would you add or take away from this recipe? What other colors could you add?

Dig Deeper!

How many different, natural colors have you eaten this week? Can you try to incorporate more natural colors into your meal?

We'd love to hear from you!

E-mail us at info@commonthreadsfarm.org if you'd like to...

- * share any photos and conversations that this recipe inspired
- * volunteer in our school gardens or kitchen classrooms



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