

Adam's Fried Rice—a pregnancy favorite

From your box: Garlic Scapes, Scallions, Sugar Snap Peas, Napa Cabbage, Kohlrabi or Broccoli

*Other Ingredients: Rice, eggs, oil,
baby corn and water chestnuts (optional)*

NOTE 1: The rice “fries” best when cooked one day prior to eating. One cup dry short grain brown rice feeds two hungry farmers and leaves leftovers for the next day.

NOTE 2: I typically start the veggies and the rice at about the same time so they are both done at the same time.

Gather, wash, and coarsely chop your choice of vegetables. Sauté garlic and scallions over medium heat in canola or sesame oil until fragrant. Add snap peas and kohlrabi or broccoli, cooking until tender but still crisp (peas will be bright green). Add Napa cabbage and stir until wilted (this will happen quickly).

In a bowl, crack 4 eggs and whisk together. In a separate non-stick skillet add canola oil and heat over medium-high. Add the cooked rice and stir until it is warm 4-5 minutes. Make a well in the center of skillet by pushing all the rice around the edge of the pan. Drop eggs into well and cook. Once eggs are mostly cooked but still runny mix together with rice and cook 1-2 minutes until eggs are cooked.

Spoon into bowl and top with veggies. I like to then add soy sauce.