



Mixed Rice Veggie Bowl

(Bibimbap inspired)



Ingredients



Adapted from *EatFresh.org*

- 1 Carrot *peeled and cut into matchsticks*
- 1 Zucchini, cut into matchsticks
- 8 ounces Spinach, packed
- 1/4 teaspoon Salt
- 1/4 teaspoon Toasted Sesame Oil
- 2 teaspoons Vegetable Oil
- 2 teaspoons Vegetable Oil
- 4 Eggs
- 4 cups Brown Rice *Cooked*
- 2 teaspoons Toasted Sesame Seeds
- Gochujang Chile Paste *to taste*



Directions



Yield: 4 Bowls Serving size: 2 cups

Total cost: \$ Serving cost: \$

1. Season carrot and zucchini in separate bowls with a pinch of salt and a few drops of sesame oil. Steam or microwave separately until tender-crisp, 2 to 3 minutes. Repeat with spinach, cooking just until it wilts. Set vegetables aside.
2. Heat vegetable oil in a skillet over medium heat. Fry the eggs sunny-side up or over easy, about 3 minutes. Remove from heat.
3. To serve, divide rice among four bowls. Arrange the vegetables in separate mounds on the rice. At the center of each bowl, place an egg. Sprinkle with sesame seeds.
4. Each diner can add chile paste to taste, and stir everything together to enjoy.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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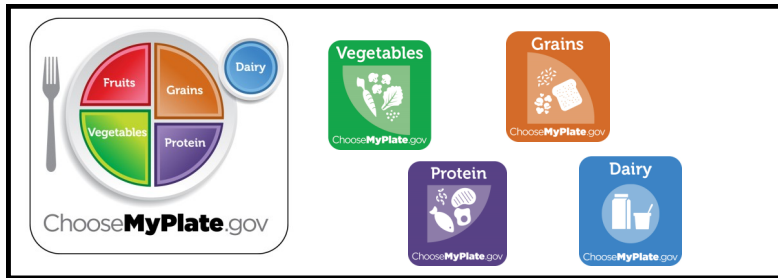
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Fast Facts



Featured Food Groups



Cooking Tips



- Have extra veggies on hand? Slice mushrooms, celery or other vegetables to add more goodness to your bowl!
- Hot sauce is optional, but other sauces or dressings work well too.

Nutrition Facts	
Serving Size 2.00 cup	
Serving Per Container 4	
Amount Per Serving	
Calories 345	
	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 2.3 g	12%
Sodium 288 mg	13%
Total Carbohydrate 51 g	19%
Dietary Fiber 6.2 g	22%
Protein 13 g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

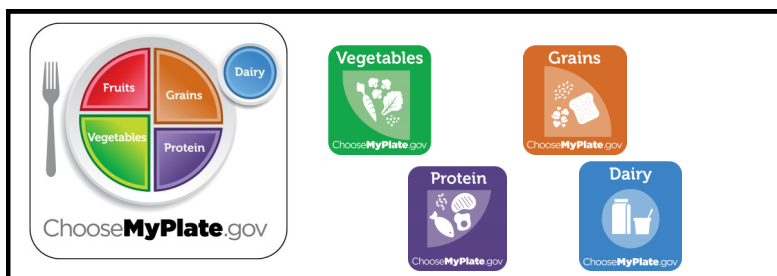
Second Harvest is an equal opportunity provider.



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