

Mix and Match Fried Rice

Serves 4

½ cup chopped carrots
½ cup frozen peas
½ cup chopped onion
½ cup meat (chicken, pork, beef, seafood), *optional*
1 to 2 eggs, whisked with a fork
4 cups cooked, chilled rice
Garlic powder (or fresh chopped garlic – 2 cloves)
Sea Salt
Cracked pepper
Tamari
Olive oil
Sesame oil
Butter (2 T)

Heat a T of olive oil in a large skillet or wok. Sauté veggies until crisp tender. While they are cooking, season with garlic powder, sea salt and cracked pepper. Remove from skillet.

If you are using meat, add it to the skillet and sauté until either cooked (if raw) or warmed if pre-cooked. Season with spices. Remove from skillet.

Add eggs to skillet and let harden a bit. Then chop u rom
skillet.

Add a bit more olive oil and butter to the skillet. Once butter has melted, add rice and stir it around with your spatula until coated with butter and warmed. Season with spices and drizzle a bit of sesame oil (maybe a teaspoon or so) over top.

Add in the rest of the ingredients and stir until warm. Season with Tamari to taste.

I call this “mix and match” because you could technically add any veggie or meat to this dish – use whatever you have at home and if you follow this technique it will taste delicious! Heck, use noodles if you are out of rice and you’ll end up with a “Lo Mein” type meal.

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Veggie Chicken with Peanut Sauce

Serves 4

3 cups cooked rice
3 chicken breasts (or 2 cups leftover chicken)
Spicy Peanut Sauce (see recipe below)
2 t. olive oil
2 garlic cloves, minced
1 T. minced ginger
¾ c. chopped green onions
1 can bamboo shoots
2 cups chopped veggies (broccoli, peppers, whatever you have on hand)
1/3 c unsalted peanuts
1 T. tamari
1 T dry sherry

1. Make the peanut sauce and set aside.
2. Heat oil in a large skillet, cut chicken into bite sized pieces and sauté in skillet. Add garlic and ginger and cook until chicken is no longer pink.
3. Add green onions, bamboo shoots, veggies, peanuts, soy sauce and sherry. Stir well.
4. Warm up rice.
5. Add peanut sauce and stir well again. Sauté until warmed. Serve over rice.

Spicy Peanut Sauce

1 ½ T natural peanut butter
2 T. olive oil
2 T. tamari
1 T. honey
2 t. Rice wine vinegar
½ t. dark sesame oil
Few shakes of ground cayenne pepper

Combine all ingredients in a small bowl and whisk until combined.

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Veg Out Pizza

Pizza dough (make or buy*)

Pizza sauce (make or buy)**

Mozzarella (I buy a large amount and keep it in the freezer)

Veggies – mushrooms, peppers, onions, sun dried tomatoes, roasted red peppers, black olives, jalapenos, etc.

1. Preheat oven to 450.
2. Roll out your dough onto a pizza stone.
3. Spread with pizza sauce.
4. Cover with slices of mozzarella
5. Make a tray with piles of all the veggie options and let each person take a section of pizza and add their own toppings (the kids will LOVE).
6. Bake for 15 minutes (or until cheese is melted and dough is done).

*You can get good quality pizza dough from many organic bakers – I order one every other week through my CSA. Using your bread maker is a great way to make your own easily.

**Muir Glen makes a nice organic pizza sauce, or you can easily make your own with a jar of crushed tomatoes and a few spices.

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