

Spring Citrus Stir Fry

Provided by the Auburn Interfaith Food Closet

RECIPE TYPE: Main Dish

SERVES: 4

TOTAL TIME: 30 minutes

INGREDIENTS:

- 1 tablespoon vegetable oil
- 3 carrots, peeled and sliced (~2 cups)
- 1 bunch asparagus*, chopped (~2 cups)
- 1 onion, chopped
- 1 bunch kale, or 4 cups fresh spinach
- 2 cups cooked soybeans or peas
- 1 orange, peeled and quartered
- 1 tablespoon soy sauce
- Garlic, salt, and pepper (to taste)
- 1 chopped green onion, and sesame seeds, for serving (both optional)
- Cooked rice, for serving

DIRECTIONS:

1. Quarter the peeled orange. Reserve the juice of one quarter, and chop the rest in bite-sized pieces.
2. Heat oil in a large skillet over medium heat. Add the carrots, asparagus and onion. Cook 5-6 minutes, until asparagus is tender.
3. Add the soybeans or peas, kale or spinach, the juice of 1/4 orange, and soy sauce, garlic, salt, and pepper. Stir to mix, and cook until greens are wilted.
4. Turn off the heat, add the orange pieces, and mix to warm through. Serve on top of warm rice. Sprinkle green onion, and sesame seeds on the rice.

* May substitute 1 head of broccoli or cauliflower



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