

Vegetable Stir Fry

Using the Spiralizer

Chef Laurie

Using the Spiralizer, cut the following vegetables:

Zucchini

Yellow Squash

Sweet potato, yam, or other potato

Hand cut:

Mushrooms

Onion

Red Bell pepper

Carrots

Cherry tomatoes

Sautee

Onion

Mushrooms

Red bell pepper

Carrots

Cherry tomatoes

Beets & greens if desired

Add:

Spiralized veggies

Cook until veggies are tender.

Add salt & pepper to taste. Or, add soy sauce.

Add grated cheese if desired.

ROASTED BEETS

Parboil beets. Do NOT cook until tender!

Heat the oven to 400 degrees

Bake until soft when sticking a knife through the beet.

BROWN RICE

Bring 2 ½ cups of water to a boil. Add ½ teaspoon salt and 1 cup of brown rice.

Cover, turn heat to low and cook about 30 minutes.

Let sit before serving.

