



Japanese Rice Bowl

Yield: 6 Servings

Cost Per Serving: \$1.42

Cook Time: 30 minutes

Ingredients:

- 1 ½ cup brown rice
- 3 cups water
- 2 Tbsp olive or canola oil
- 1 inch piece fresh ginger root (peeled and minced)
- 2 garlic cloves (minced)
- 3 carrots (thinly sliced)
- ½ cup edamame (shelled)
- 1 bell pepper (thinly sliced)
- 3-4 heads baby Bok choy or cabbage (chopped)
- 3 Tbsp less sodium soy sauce
- 2 Tbsp rice vinegar
- 1 green onion (thinly sliced)
- 1 sheet nori (crumbled into small pieces – optional)
- 1 Tbsp toasted sesame seeds

Directions:

1. Put the rice into a bowl with some cool water. Swirl the rice around and then drain the rice. Repeat this process 2 times, until the water is clear.
2. In a medium saucepan, bring 3 cups water and the salt to a boil over high heat. Add the rice and return to a boil. Reduce heat to low, cover, and cook for 15 to 18 minutes, until all the water is absorbed, and the rice is completely cooked. Do not stir.
3. Remove from heat and allow the rice to sit, covered, for about 10 minutes.
4. In a skillet, heat the vegetable oil over medium-high heat. Add the ginger, garlic, carrots, and edamame and cook for 2 to 3 minutes, stirring often.
5. Add the bell peppers and Bok choy. Cover and cook for several minutes more, until the vegetables are cooked, but still crisp.
6. Remove from heat and stir in the soy sauce, rice vinegar and green onions.
7. To serve: Top rice with vegetables and garnish with a sprinkling of toasted sesame seeds and nori. Serve cabbage salad on the side.