



Veggie Rice Bowl

Ingredients:

- 1 cup cooked brown rice
- 1 tablespoon cooking oil
- ¼ onion, sliced thinly
- ¼ cup peas, canned, rinsed and drained
- ½ cup carrots, canned, rinsed and drained
- ½ zucchini sliced into “slanted chips”
- ½ fresh bell pepper cut in slices
- Salt and Pepper (to taste)
- 1 tablespoon sriracha

Instructions:

1. Cook rice based on packaging. Set aside to cool.
2. In a medium sized skillet, coat bottom with oil and warm on medium heat. Add onions and sauté until onion is translucent.
3. Add zucchini and bell peppers, season with salt and pepper to taste, and cook for another 7 minutes or until everything is tender. Remove from stove.
4. Add carrots and peas, cook for 2 mins stirring occasionally.
5. Plate rice and top with veggies. Top with soy sauce or sauce of choice.

Prep Time: 20 minutes

Cooking Time: 12 minutes

Equipment:

- skillet
- medium pot
- spatula
- bowl

Servings: 1

Serving Size: 1



Nutrition Facts:	352	3g	0 g Saturated	71 g	10g	8g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	10 g	467 mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

BROUGHT TO YOU BY: Campus Health Service • Campus Rec • ASUA • SHAC