SIMPLE VEGGIE STIR FRY

INGREDIENTS

- olive oil
- 1-2 onions, sliced into strips
- fresh ginger, minced
- garlic, minced
- fresh bok choy, mizuna, tatsoi, or any mix of hearty Asian greens, chopped or torn into bite-sized pieces
- carrots, radishes, bell peppers, sugar snap peas, or any mix of crunchy veggies, cut into bite-sized pieces
- soy sauce or tamari
- toasted sesame seeds

METHOD

Heat a few tablespoons oil in a heavy pan (preferably cast iron) over medium-high heat.

Cook onions until soft.

Add greens, stir with tongs to make sure greens are lightly coated with oil, and cook until slightly wilted.

Stir in ginger and garlic.

Stir in carrots and other veggies, cover, and cook for another 1-2 minutes. Add a splash of water if needed, to keep veggies from sticking or burning.

Season with a splash of soy sauce or tamari and serve immediately over brown rice. If you like, sprinkle with sesame seeds.