



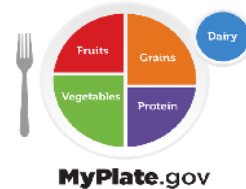
UN-FRIED RICE



WATCH RECIPE VIDEO HERE



Color your meal!



Ingredients:

1 tbsp oil

1 tsp ground ginger

1 egg (beaten)

2 cups diced vegetables such as onion, carrots, peas, zucchini (fresh or frozen)

2 tbsp soy sauce

1 clove garlic (minced)

2 cups brown rice (cooked)

Directions:

1. Heat the oil until sizzling
2. Add garlic, vegetables and ginger
3. Cook vegetables until slightly brown and soft
4. Push the vegetables to one side and add the egg directly to skillet. Scramble the egg.
5. Add cooked rice and soy sauce, combine all ingredients in skillet
6. Add optional black pepper or dried onion and serve

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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Mention **Gleaners** when speaking with your SNAP representative.

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LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

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For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

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خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

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