

TexMex Fried Rice (vegetarian)

By:
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Prep work: 2 zucchini's, chopped
into 1/2 inch cubes

1 yellow onion, diced 1 serrano
pepper, seeded, chopped fine

3-5 cloves garlic, minced
1.5 cups cooked black
beans

1 can of corn,
drained

1-2 tbl vegetable oil 1/2
squeezed fresh lime
juice

3 cups cooked brown
rice

Spices: 1.5 tsp
chili powder

1 tsp
cumin 3/4
tsp salt

1/2 tsp black
pepper 1 tsp
paprika

1 tsp Italian seasoning (oregano, marjoram,
thyme mix)

Options: Fresh cilantro

leaves, as desired

2 tbs of Mild or medium salsa (can substitute fresh diced tomato) Shredded Cheddar/jack cheese mix

1 spoon Greek yogurt or sour cream

Directions: Coat a wok in oil. Cook on medium heat, onion and zucchini (about 5-10 minutes). Add in serrano pepper. Toss and cook for 4 minutes. (leave lid on to trap vapors) Add in garlic, spices, and beans. Toss and cook for 5 minutes.

Add corn and rice. Toss and cook for 5 minutes. Squeeze lime juice over mix, toss and cook, for additional 5 minutes.

Serve in bowls. Add cheese, salsa, cilantro, or yogurt to your liking. ** can substitute 1 cup of cooked chicken, beef, or chorizo for 1 zucchini for meat lovers.*