

SPRING VEGETABLE FRIED RICE WITH KIMCHI

Fried rice is an easy way to incorporate a versatile variety of local, colorful spring vegetables into a hearty, stir-fried meal. The addition of kimchi packs a punch of flavor and probiotics good for gut health. The ingredients in green below are often available during the spring farmers market season at the [Overland Park Farmers Market](#).

Ingredients

- 2 tablespoons avocado oil
- 1 medium onion, finely chopped
- 2 medium carrots, chopped
- 1 cup spring veggies such as **asparagus, peas, cabbage, broccoli**, cut into very small pieces for quick cooking
- 1 tablespoon grated or finely minced fresh ginger
- 2 large cloves garlic or 2 tablespoons **garlic scapes**, chopped
- 4 cups pre-cooked brown rice
- 1 cup chopped greens such as **bok choy, Swiss chard, kale, spinach**, etc.
- 2-3 teaspoons toasted sesame oil
- 2 tablespoons reduced-sodium tamari soy sauce
- 2-3 tablespoons kimchi juice from **Wild Alive Ferments Kimchi**
- 2 cooked **local eggs**, pre-scrambled
- 3-4 tablespoons **Wild Alive Ferments Kimchi**
- 4 **green onions**, chopped
- ½ cup chopped fresh **cilantro**
- **Wild Alive Ferments Kimchi Fire Hot Sauce**, to taste

Instructions

1. In a large skillet or wok, heat the avocado oil over medium high heat. Add the chopped onion and carrots and sauté for 3-4 minutes until onions become translucent. Next, add the spring vegetables, ginger, and garlic and sauté for 3 more minutes until vegetables are tender.
2. Add in the pre-cooked brown rice and chopped greens and season with toasted sesame oil, tamari soy sauce, and kimchi juice. Cook for 2-3 more minutes until rice is thoroughly warmed and greens are wilted. Taste and add additional sesame oil or soy sauce if desired.
3. Remove from heat and stir in cooked eggs. Top with a few tablespoons of kimchi then garnish with green onions, cilantro, and hot sauce.

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