

KOHLRABI FRIED RICE



Yield: 4-5 servings
Source: eatfresh.org

Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 1 package of microwave brown rice
- 1 kohlrabi
- 1 carrot
- Green onions

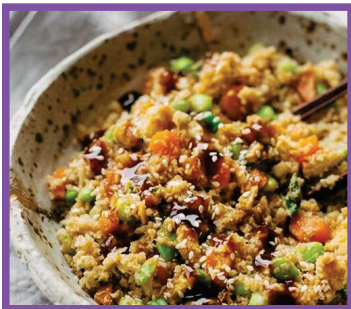
- 1 Tablespoon oil
- 1 egg
- Teriyaki sauce

INSTRUCTIONS:

1. Microwave rice packet and let cool.
2. Cut off the top and bottom of the kohlrabi, then peel the sides. Cut into 1/2 inch discs and then dice into 1/2 inch cubes.
3. Peel and dice the carrot.
4. Cut off root ends of green onions. Thinly slice to make ~ 1/4 cup.
5. Heat skillet on medium heat and add the oil.
6. Add the vegetables and stir fry until tender.
7. Add the egg directly into the base of the pan. Allow it to scramble by stirring it back and forth across the hot pan.
8. Add rice and stir together. Turn heat down to medium low and cook for 2 minutes, stirring frequently.
9. Turn off heat and stir in 1/4 cup of Teriyaki Sauce.
10. Eat and enjoy!

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

KOHLRABI FRIED RICE



Yield: 4-5 servings
Source: eatfresh.org

Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 1 package of microwave brown rice
- 1 kohlrabi
- 1 carrot
- Green onions

- 1 Tablespoon oil
- 1 egg
- Teriyaki sauce

INSTRUCTIONS:

1. Microwave rice packet and let cool.
2. Cut off the top and bottom of the kohlrabi, then peel the sides. Cut into 1/2 inch discs and then dice into 1/2 inch cubes.
3. Peel and dice the carrot.
4. Cut off root ends of green onions. Thinly slice to make ~ 1/4 cup.
5. Heat skillet on medium heat and add the oil.
6. Add the vegetables and stir fry until tender.
7. Add the egg directly into the base of the pan. Allow it to scramble by stirring it back and forth across the hot pan.
8. Add rice and stir together. Turn heat down to medium low and cook for 2 minutes, stirring frequently.
9. Turn off heat and stir in 1/4 cup of Teriyaki Sauce.
10. Eat and enjoy!

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.