

RECIPE

DECEMBER

ASPARAGUS AND GINGER STIR FRY WITH BROWN RICE



Prep Time: 5 minutes
Cook Time: 7 minutes
Serves: 6 people

Steps

- Heat a medium skillet over medium heat, then add vegetable oil.
- Saute' asparagus, onion and green pepper in the pan for 5 minutes, continually stirring.
- Add ginger and stir over medium heat for 1 minute.
- Add, steamed brown rice, salt, and pepper and cook for 1 minute.
- Enjoy!

Ingredients

- 1 1/2 pounds fresh asparagus, trimmed
- 2 teaspoons vegetable oil
- 1 medium green pepper, diced
- 1 small onion, diced
- 2 teaspoons minced fresh ginger
- 1/4 teaspoon salt
- 1/4 teaspoon pepper