

Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

Time required

Quick - 15 minutes or less

Moderate - 30 minutes or less

Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

Skill level: Easy

Time required: Quick

Extra ingredients: Few



Stir-Fried Tatsoi with Mushrooms & Brown Rice

Ingredients

- 1 head of tatsoi
- 1 medium yellow onion
- 6 medium mushrooms
- 1 clove of garlic
- 1 tablespoon olive oil
- 1 cup cooked brown rice
- 1 large egg, beaten
- Soy sauce
- Salt & pepper

Directions

- 1) Cook 1 cup of brown (or white) rice according to package instructions.
- 2) Slice root off of bunch of tatsoi, so you have individual stems with leaves. Rinse in cold water, pat dry. Slice off leaves, and set aside. Chop stems into 1-inch pieces.
- 3) Heat large skillet over medium-high heat. Dice onion, slice mushrooms, and mince garlic. Add 1 tablespoon of oil to skillet. Add onion, garlic, and mushrooms to pan to pan and saute for one minute.
- 4) Add chopped tatsoi stems and stir fry for a few minutes, until stems turn bright green. Stri in cooked rice and add 1 tablespoon of soy sauce.
- 5) Push rice and veggies to one side of pan and add a beaten egg and scramble until mostly cooked and fold into the stir fry mix. Add tatsoi leaves and stir fry for an additional minute or two until the leaves are wilted.
- 6) Season with more soy sauce and salt/pepper to taste. Serve immediately!

Skill level: Easy

Time required: Moderate

Extra ingredients: Several



Roasted Carrots & Butternut Squash with Shallots

Ingredients

- 3 ½ cups uncooked carrots, cut into chunks
- 3 ½ cups uncooked butternut squash, peeled & cubed
- 6 medium shallots, quartered
- 1 tablespoon olive oil
- 1 teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cumin
- ¼ teaspoon black pepper
- 1 tablespoon fresh thyme, chopped

Directions

- 1) Preheat oven to 425 F.
- 2) Drizzle large baking sheet with oil. Spread carrot, squash, and shallot in a single layer. Drizzle with oil, season with salt, cinnamon, cumin, and pepper. Toss to coat all of the veggies with oil and seasoning.
- 3) Roast until well browned, stirring once halfway through cooking, 30-35 minutes. Serve veggies right out of the oven and top with chopped fresh thyme.