

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

### 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         | 1 teaspoon salt                   |
| 3 ½ cups uncooked butternut squash, peeled & cubed | ½ teaspoon ground cinnamon        |
| 6 medium shallots, quartered                       | ½ teaspoon ground cumin           |
| 1 tablespoon olive oil                             | 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.