Vegetable Fried Rice

3 tablespoons olive oil
4 cloves garlic, peeled and minced
1 tablespoon peeled and minced fresh ginger
5 cups assorted vegetables, washed and chopped (bok choy, tat soi, carrots, chard, scallions, celery, peas, squash)
5 cups COLD cooked rice
2 teaspoons toasted sesame oil
5 eggs, lightly beaten
1/4 cup soy sauce
salt and pepper



In a large, heavy bottomed pan, heat the olive oil over medium heat. Add the garlic and ginger and cook for 30 seconds. Add the crunchy vegetables (carrots, celery etc.) and cook for about 5 minutes until done but still a little crisp. Add the leafy vegetables (bok choy, chard, scallions) and cook for a few more minutes. Add the rice and the toasted sesame oil, stirring to combine. When the rice is hot add the eggs and soy sauce, cooking until the eggs are dry. Season with salt and pepper.

