

Baked Rice with Summer Vegetables

Ingredients

Olive oil
Salt
Freshly ground black pepper
2 cups corn (fresh cut from 2 ears or frozen)
4 medium summer squash, quartered lengthwise and sliced thin
1 small onion, diced
2 cloves garlic
4 large Roma tomatoes, diced or 1-pint cherry tomatoes, halved
1 teaspoon oregano, fresh or dried
1 tablespoon tomato paste
½ cup thinly sliced basil
3 cups cooked brown rice
6 ounces mozzarella cheese, diced
2 ounces parmesan cheese, finely grated

Instructions

If you have a large sauté pan or Dutch oven that can go from stove top to oven, use it here. Otherwise you can use any large sauté pan and then transfer everything to a 3-4 quart baking dish.

Heat 2 tablespoons of olive oil in a pan over medium high heat. Add corn, season with a generous pinch of salt and several grinds of black pepper. Sauté until the corn is golden, then empty the corn into a bowl and set aside.

Reheat the pan over medium high heat, add 2 more tablespoons of olive oil, sauté the squash in 2 batches seasoning with salt and pepper like you did with the corn until it is tender and slightly browned, adding oil if the pan seems dry between batches. Add the cooked squash to the bowl with the corn

Preheat the oven to 375 ° F

Reduce heat to medium. Add another drizzle of olive oil to the pan. Sauté onion with a pinch of salt until it is translucent, about 2-3 minutes. Add tomatoes, garlic and oregano and cook until the tomatoes start to break down, about 5 minutes. Add tomato paste and cook for another 1-2 minutes. Add the cooked squash and corn back to the pan and cook to combine everything for a few minutes. Stir in the basil. Taste and adjust seasoning, if needed.

Add the cooked rice and if you need to transfer everything to an ovenproof baking dish, do so now. Stir in the mozzarella and half the parmesan. Sprinkle the remaining parmesan over the top. Cover with a lid or foil and bake for 15 covered.

Remove the foil or lid and turn on the broiler to brown the top for 3-5 minutes.

Original recipe adapted by Kip Hardy from Smitten Kitchen

How to make a whole grain salad without a recipe



Start with Cooked Grains

- Use rice, quinoa, millet, bulgur, wild rice, barley, farro or a combination of several
- Cook grains for this purpose or use leftovers from another meal
- 2 cups of cooked grain will feed 4-6 people

Add Chopped Vegetables

- Choose vegetables that hold up well and taste good raw have great crunchy texture like radishes, cucumbers, celery, carrots, fennel, tomatoes or bell peppers
- Sturdy greens like cabbage, kale and chard also work well
- Equal parts vegetables and cooked grains is a good starting ratio

Add Optional Protein

- Try shredded chicken, cubed tofu, chopped boiled egg or cooked beans

Make a Vinaigrette

- Grain salads pair best with boldly flavored vinaigrette style dressings
- Yes, you can & should make your own!
- Combine the following components – tasting along the way - until you get something you like:
 - **Acid:** vinegar and citrus juice are the most common
 - **Emulsifier:** mustard is standard but mayonnaise and honey can also do the trick
 - **Oil:** use something neutral like canola or safflower or choose something that adds its own flavor like olive oil, toasted sesame oil, or walnut oil
 - **Extras:** the possibilities are endless! Herbs, spices, minced garlic, shallot or ginger, hot sauce, maple syrup, and citrus zest are all worth considering

Flavor Extras

- Taste your salad so far and consider what else you might want:
 - *More crunch:* toasted nuts or seeds
 - *Fresh flavors:* chopped green herbs like parsley, mint, cilantro or basil
 - *Creaminess:* avocado, fresh mozzarella or plain yogurt
 - *Spiciness:* hot sauce, crushed red pepper, horseradish, or minced hot peppers
 - *Saltiness:* salt is an obvious choice but you could also choose something that adds other flavor along with salt like soy sauce, fish sauce, olives, anchovies, hard cheeses like Parmesan, feta or pecorino

Original recipe by Kip Hardy, MS, RDN

Herby Rice Salad with Coconut & Cashews



Ingredients

Juice and zest of 1 lime
½ small red onion or shallot, minced
Salt to taste
4 cups cooked rice (any variety)
1 cup unsweetened toasted coconut flakes
1 cup chopped, toasted cashews or peanuts
1 ½ to 2 cups fresh green herbs, chopped (e.g. any combination basil, mint, cilantro, parsley, chives)
½ cup olive oil

Instructions

You can prep all of the ingredients ahead but to keep the herbs bright and fresh make the salad right before you plan to eat it.

Combine lime juice, zest, onion and a pinch of salt in a large bowl. Let the onions marinate in the lime juice for about 5 minutes

Add the rice, coconut, cashews, herbs and another generous pinch of salt.

Drizzle with olive oil and toss to combine, tasting again and adding salt and additional lime juice if needed.

Original recipe adapted by Kip Hardy from 101Cookbooks.com

How to Make Fried Rice Without a Recipe



Gather the Goods - Fried rice comes together really quickly so before you put a pan on heat, 1.) figure out the plan for your proteins, 2.) pre-chop whatever vegetables you are using, 3.) mix up your sauce, and 4.) make sure you have any additional ingredients gathered and prepped for the pan – which should be a **wide sauté pan** or **cast iron skillet**.

The Rice - The best fried rice is made from leftover cooked rice! You can make it with freshly cooked rice but cold rice does a better job of separating into individual grains. A good reason to always make extra and a good way to use the extra leftover rice from a takeout order. You can even stash leftover rice in the freezer for this purpose. You'll need about **1 cup of rice per person** – any kind and any color of rice works great.

The Protein - You've got lots of options to pump up the protein in this dish from a bag of frozen shelled **edamame**, to a couple of **eggs** to diced up **roisserie chicken**, frozen **shrimp** or even a handful of **peanuts** or **cashews**. Use what you've got! If you are using meat, chop it up into small bite sized pieces and cook it in a bit of neutral flavored oil in the pan you are using to cook your rice. If you are using nuts, dry toast them in the pan until they are a few shades darker. Then remove it from the pan and set aside in a bowl.

The Veggies - Again, use what you've got because this is a great way to clean out the fridge. It's always great to start with some diced **onion** or **shallot** and **garlic**, and if I have it, I always include **minced ginger**. Otherwise any combination of **broccoli**, **carrots**, **celery**, **mushrooms**, **snow peas**, **sugar snap peas**, **asparagus**, or **Brussels sprouts**, are all great options. Just like you did with the meat, chop them into bite-sized pieces. And remember, there is no shame in keeping a bag of **mixed frozen vegetables** in the freezer for this exact purpose. Sauté all your vegetables until they are crisp tender in a neutral flavored oil, (if you are using frozen shelled edamame, they get cooked here with the veg) then add them to the bowl with your proteins.

Fry That Rice! - Add another splash of oil to your pan if it is dry, add your cooked rice to the pan and spread it out to cover as much surface area of the pan as you can. Then leave it alone for a few minutes until the rice starts to get a crispy layer.

Add the Eggs - If you are using eggs, scooch the rice to the side of the pan and scramble the eggs in the cleared out space until they are cooked to your liking, then gently stir them into the rice along with your reserved cooked proteins and veggies.

Add the Sauce & Garnishes - Your sauce can be as simple as a splash of **soy sauce** and **toasted sesame oil** (3:1 ratio) or any mixture of the condiments you might have in your fridge like **oyster sauce** or **hoisin**. You'll want about 2 tablespoons of sauce per cup of rice. **Sriracha**, **chili crisp**, **gochujang**, **hot sauce** and **kimchi** will all add various degrees of heat if that's what you are into. And I always like to finish with any fresh green herbs like **green onion**, **chives**, **cilantro** or **basil**. Stir everything together until it is evenly mixed and enjoy right away!