

Farmers Market Fun Family Recipes



Serving Size: $\frac{3}{4}$ cup

Yield: 6 servings

Ingredients

- | | |
|---------------------------------------|---------------------------------------|
| 2 teaspoons vegetable oil | $\frac{1}{2}$ cup diced green pepper |
| 1 teaspoon hot chili oil | 2 to 3 cloves fresh garlic,
minced |
| $\frac{1}{2}$ cup diced red pepper | 3 cups cooked rice |
| $\frac{1}{2}$ cup diced yellow pepper | $\frac{1}{2}$ teaspoon seasoned salt |

Instructions

1. Heat oils in large skillet; add peppers and garlic.
2. Cook until tender. Stir in rice and salt.
3. Cook 3 minutes, stirring constantly, until thoroughly heated.

To Microwave

1. Combine oils, peppers, and garlic in 2-quart microwave-safe baking dish.
2. Cook on HIGH 2 to 3 minutes.

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Nutrition information:

Calories: 143
Carbohydrate: 29 gm
Fiber: 0.5 gm
Fat: 2 gm
Protein: 3 gm
Cholesterol: 0 mg
Sodium: 206 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



3. Add rice and salt; cook on HIGH 2 to 3 minutes or until rice is thoroughly heated.

Tip

Use lemon juice or toothpaste to remove garlic odor from hands after mincing garlic.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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