

Bee-bim Bop



MYPLATE LESSON

Recipes to try at home

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Bee-bim Bop

Serves: 6

Ingredients:

- 3 cups brown or wild rice, cooked
- 4 cups mixed vegetables
(Recommended: sweet bell peppers, carrots, zucchini, spinach, bean sprout)
- 1 cup shredded Mozzarella cheese
- 1 egg

For Marinade:

- 3 TBSP low sodium soy sauce
- 1 TBSP red pepper powder
- 1 TBSP ground sesame
- 1 TBSP sesame oil

Instructions:

1. Combine marinade ingredients in a bowl. Set aside.
2. In a large frying pan or pot add vegetables. Cook on medium-high heat until partially cooked. Remove from pan and set aside.
3. Add cooked rice to pan in an even layer. Add shredded mozzarella cheese evenly. Place vegetables over the cheese. Crack an place one egg in the middle. Cover pan and continue to cook on medium heat and simmer for about 15 minutes.
4. Allow to cool 1-2 minutes, then serve.

Korean Zucchini Fritters (Hobak Jeon)

Serves: 3



Ingredients:

- 1 small zucchini
- 1 large egg
- 1/3 cup flour (whole grain)
- 1/2 tsp sea salt
- 2 TBSP olive or vegetable oil

For dipping Sauce:

- 2 Tbsp low sodium soy sauce
- 1 TBSP Rice (or white) vinegar
- roasted sesame seeds

Instructions:

1. Cut zucchini into 1/4 inch slices. Sprinkle with sea salt and leave for 5-7 minutes until slightly pickled.
2. Put flour in a gallon storage bag. Set aside.
3. Whisk one egg in a small bowl.
4. Add zucchini to bag of flour. Seal bag and shake to coat Zucchini.
5. Heat a large skillet on medium heat. Add oil.
6. Dip zucchini pieces one at a time in egg to fully coat, then put into frying pan. (You can cook 5-6 at a time)
7. Cook until one side is lightly browned, then flip.
8. When both sides are nicely browned, remove from heat onto a plate or serving tray. Continue until all zucchini are fried.
9. Mix dipping sauce ingredients in a small dish. Serve with warm fritters.

Extension

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