

# Bibimbap

## Ingredients:

- 2 eggs
- 2 cloves garlic, minced
- 3 green onions, thinly chopped
- 2 tablespoons sesame oil
- 1 bunch of kale, washed and chopped
- 2 carrots, shredded
- 2 teaspoons brown sugar
- 2 tablespoons of low salt soy sauce
- 1/2 pound mung bean sprouts
- 2 cups cooked rice
- 1 teaspoon sesame seeds



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## Steps:

- 1) Crack eggs in a bowl and beat.
- 2) Heat griddle to medium heat and pour eggs on to make a pancake. Flip to cook both sides.
- 3) Remove egg from heat and cut into ribbon strips. Set aside.
- 4) In a separate pan sauté garlic and green onions for 2 minutes in sesame oil.
- 5) Add kale, carrots, brown sugar and soy sauce. Cook until kale is tender and wilted.
- 6) Add bean sprouts and cook 2-3 more minutes.
- 7) To serve, scoop a spoonful of rice into a bowl. Top with sautéed vegetables and egg ribbons on top. Sprinkle with sesame seeds. Mix it all together and enjoy!

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*This recipe was developed through Eat Better, Feel Better, a school-based, community partnership that creates healthier school environments through healthy eating and active living (funded by SNAP - Supplemental Nutrition Assistance Program).*