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

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!

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).