



September is here again and we are all getting ready for our welcome back free cook. This year we are going to be busy planning our anniversary celebration. Cowichan Community Kitchens will be 20 years old in June 2012. We will keep our colleagues at House of Friendship and those of you who follow us on our Web site up to date on the details and you can look for little snippets of our history in future newsletters.

We wanted to include a recipe that uses veggies that are in season but while searching through our recipe file we came across this 8-Vegetable Rice dish that was introduced by the Honeymooners last spring. The canned baby corn can be replaced with fresh corn niblets and the snow peas which come from China can be replaced with snap peas or other locally grown peas. You may want to turn this into a nine veggie dish by adding zucchini slices or chunks since it is in season now, add them in step 3 of recipe.

EIGHT-VEGETABLE FRIED BROWN RICE

Serves 8

2 Tbsp. Vegetable Oil	16 Snow Peas, thickly sliced
1 Celery Rib, finely chopped	4 Cups Cooked Long Grain Brown Rice, cooled
½ Med. Green Bell Pepper, finely chopped	1 Can Cut Young Baby Corn
½ Med. Red Bell Pepper, finely chopped	2 Tbsp. Soy Sauce
½ Cup Grated Carrot	Freshly Ground Black Pepper to taste
1 Garlic Clove, minced	2 Green Onions, thinly sliced

1. Heat oil in a wok or very large skillet over medium-high heat. Add the celery, bell peppers and carrot and stir-fry 1 minute.
2. Add the garlic and snow peas and cook 30 seconds more.
3. Mix in the remaining ingredients and stir-fry 3 to 4 minutes, or until the rice is piping hot.