

## Mexican Rainbow Stir Fry

Come up with your own creative combinations, using all the colors in the rainbow, have kids think of veggies which go with the colors. Let kids pick out ones they want to try.



### INGREIDIENTS:

- 1 tablespoon olive or canola oil
- 1 white or yellow onion, chopped
- 1 clove garlic, minced or ½ teaspoon garlic powder
- 1 red pepper and 1 green pepper, chopped
- 2 zucchinis, sliced and quartered
- 2-3 ears of corn, kernels only. Frozen or canned may be substituted
- 1 can of black beans
- 1 teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon salt

### INSTRUCTIONS:

Heat oil in a wok or frying pan, add onion and garlic and stir-fry until soft. Add peppers next and stir-fry for one minute. Add zucchini next and stir-fry for another minute. Add corn and stir-fry for another minute. Now add the beans and seasoning and cook for one more minute.

Optional: Add 1 ½ cups cooked chicken, chopped, plus ½ cup chicken stock when you add the black beans. Serve with cooked brown rice and shredded cheese. Garnish with black olives and green onions to add more color, and add another red veggie to the table with a bowl of salsa!

When you serve the meal, ask family members to identify veggies from each color of the rainbow!