

Bibimbap

4 Servings • 1 Serving = 1 Cup Rice, 1 Cup Vegetables, 1 Egg

Developed by Arlayna Jackson, UTSA Dietetic Intern



INGREDIENTS

- 1 cup brown, parboiled rice
- 2 cups water
- 2 medium bell peppers, diced into 1" pieces
- 2 medium carrots, sliced lengthwise and cut into ¼" pieces
- 1 small zucchini, sliced lengthwise and cut into ½" pieces
- 1 medium broccoli crown, cut into small florets
- ½ medium red onion, cut into 1" chunks
- 1 Tablespoon olive oil, plus more as needed
- 3 cloves garlic, minced
- 4 large egg
- Salt and freshly ground black pepper, to taste
- Optional: less sodium soy sauce and sriracha

DIRECTIONS

1. Preheat oven to 375°F.
2. Combine rice and water in a small pot and bring to a boil for 2 minutes. Reduce heat to low and cover for 15 minutes.
3. Place bell pepper, carrot, zucchini, broccoli, and onion on a baking sheet.
4. Drizzle with oil, then add garlic, salt, and pepper. Toss to coat.
5. Spread vegetables into an even layer and roast for 15 minutes.
6. Heat a skillet over medium heat. Add 1 Tablespoon oil to skillet and cook eggs over easy, about 1-2 minutes.
7. For each serving, add 1 cup of rice to the bottom of a bowl. Add 1 cup vegetables and top with 1 egg.
8. Drizzle with soy sauce and sriracha.

Nutrition Facts

4 servings per container
Serving size 1 cup rice, 1 cup vegetables, 1 egg

Amount per serving
Calories 330

% Daily Value*

Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 105mg	5%
Total Carbohydrate 50g	18%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 1mcg	6%
Calcium 75mg	6%
Iron 2mg	10%
Potassium 634mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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