

## Brahma's Blessing



### Ingredients

- 1 onion, cut in half, then sliced into crescent moons
- 2 carrots, cut into matchsticks
- 1 small head broccoli, cut into florets
- 1 cup string beans, cut on the diagonal
- 1 Long Chinese Eggplant, roasted in oven with a little olive oil until soft
- 2 portabella mushrooms, sliced
- 1 cup snowpeas, de-threaded
- 1 bunch asparagus, cut into 1" lengths
- 1 bunch greens, such as kale, collards or Swiss chard, chopped
- 1 ½ Tbsp grated ginger
- 1 ½ Tbsp chopped garlic
- Olive oil
- 3 Tbsp tamari (to taste)
- 2 Tbsp Aji Mirin cooking wine
- 1 tsp hot sesame oil (optional)
- 4 cups cooked Short Grain Brown Rice
- 1 lb. organic extra sharp Cheddar Cheese, grated

### Instructions

1. Cover the bottom of wok with oil. When oil is hot, add the onions. Add the garlic, ginger and carrots. Continue cooking at med. high heat, stirring constantly for 5 minutes.
2. Then add the broccoli, mushrooms and string beans. Add more oil or a little water if needed.
3. Add the eggplant, asparagus and greens. Cook for a few minutes more, than add the aji mirin and tamari.
4. When vegetables are finished (they should be cooked, but not too soft), add the snow peas and remove from heat. Taste and add more tamari if desired.
5. Spray the bottom of a Pyrex lasagna pan with olive oil.
6. Spread out, on the bottom of the pan, the 4 cups of cooked rice.
7. Cover the rice with the vegetables, and then cover the vegetables with the cheese.
8. Bake in a 375 degree oven for 15 minutes, until the cheese melts. Do not overcook the vegetables!
9. Serve with a green salad and a glass of wine! Enjoy!