



## TERIYAKI VEGGIE RICE BOWLS

- ½ bottle **TSG Island Teriyaki Sauce & Marinade**  
(about ⅔ cup)
- 1 Tbsp water
- 1 Tbsp peanut oil or vegetable oil
- 3 cups broccoli florets (about 6 oz)
- ½ small yellow onion, thinly sliced
- 3 cups hot cooked rice

1. Stir together TSG sauce and 1 Tbsp water; set aside.
2. Heat oil over high heat in a medium skillet. Add broccoli and onion. Cook on high, until tender-crisp. Add a splash of water while cooking if broccoli seems too dry.
3. Stir in TSG sauce-water mixture. Stir and heat through, about 30 seconds.
4. Divide hot rice between two bowls. Top with teriyaki broccoli and onion.

Makes 2 Servings  
Recipe may be doubled

LIGHT MAIN DISH