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Confetti Rice

1 tbsp. olive oil
1/2 cup asparagus, finely chopped
1/2 cup scallions, finely chopped
1/2 cup celery, finely chopped
1 cup fresh spinach, chopped
1 cup fresh or frozen peas
1 cup carrots, grated
3 cloves garlic, finely chopped
Juice of one lemon
2 tbsp. soy sauce
1/4 tsp. freshly ground pepper
4 cups cooked rice

In a large skillet, heat the oil until hot. Then add the asparagus, scallions, celery, spinach, peas and carrots. Stir quickly for 2 minutes. Add the garlic, lemon juice, soy sauce and pepper. Continue stirring for 1 minute. Add the rice, mixing well until heated through. Serve at once.