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Un-Fried Rice

Ready In: 30 minutes Serves: 4

Im This dish contains much less oil and salt than restaurant fried rice. To further reduce the salt, use low-sodium soy sauce.

Ingredients

- » 1 tablespoon Oil
- » 1 clove Garlic minced
- » 2 cups Vegetables raw, such as onion, celery, bell pepper, cabbage, broccoli, green beans, peas, zucchini, mushrooms, or bean sprouts, diced
- » 1 Egg beaten
- » 2 cups Rice cooked and cold
- » 2 tablespoons Soy Sauce
- » Black Pepper to taste
- » 1 cup Chicken *cooked*, (optional) or Shrimp cooked, (optional)
- » 1 cup Mango chopped, (optional)

What you'll need

- » Sharp knife
- » Large pan with lid
- » Measuring spoons
- » Spatula or spoon

Directions

- 1. Heat oil until sizzling in the bottom of skillet.
- 2. Add garlic and vegetables, toss in oil, and cover.
- 3. Cook vegetables until slightly brown and soft.
- 4. Add shrimp or chicken to the skillet, if using, and cook for 2 minutes.
- 5. Add the egg directly into the base of the pan. Allow it to scramble by stirring it back and forth across the hot pan.
- 6. Add rice, soy sauce, black pepper and other optional ingredients. turn heat down to medium-low. Cook until heated through, stirring frequently.

Chef's Tips

Rice Cooker Directions:

1. Layer ingredients in the rice cooker in this order: oil, garlic, vegetables, egg, optional meat, rice, soy sauce, black pepper.

2. Cook for 1 cycle and stir.

3. Cook for another cycle if needed.

Nutrition Facts

Serving Size 1.00 cup

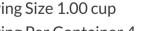




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| Serving Per Container 4 | |
|-------------------------|----------------|
| Amount Per Serving | |
| Calories 322 | |
| | % Daily Value* |
| Total Fat 9g | 12% |
| Saturated Fat 1 g | 5% |
| Sodium 578 mg | 25% |
| Total Carbohydrate 50 g | 18% |
| Dietary Fiber 6 g | 21% |
| Protein 12 g | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: