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Un-Fried Rice

Ready In: 30 minutes

Serves: 4

 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
- » Measuring spoons
- » Large pan with lid
- » 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.



Photo attribution: My Tu Duong

Nutrition Facts	
Serving Size 1.00 cup	
Serving Per Container 4	
Amount Per Serving	
Calories 322	
	% Daily Value*
Total Fat 9 g	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: