

Vegetable Fried Rice

Ingredients:

Brown rice, cooked, 4-6 cups Egg -1, raw

Assorted vegetables cut up: cauliflower, broccoli, carrots, zucchini, snow peas, red pepper, onion (1/2 cup each)

Olive oil 1 Tbsp.

Low sodium soy sauce, 1 Tbsp.

Ginger root, grated (1 tsp)

Garlic, fresh, 2 cloves chopped

In a stir-fry skillet, add 1 Tbsp. olive oil and add vegetables to cook until crisp.

Set aside vegetables

Add 1 Tbsp. olive oil and add brown rice to saute and add an egg to cook with the rice. Season to taste with soy sauce, ginger (grated) and crushed garlic. Add vegetables and cook until desired temperature. Enjoy!

Note: This recipe is a good way to use up leftover rice and meat.

The vegetables are a great way to incorporate a variety for good nutrition.

Reheats nicely for a meal or side dish.

