

# "Unfried" Rice Dinner

Prep - 30 min.

Serves 4

Although initially you may want to serve this as a side dish, you will soon discover that is a satisfying one-dish meal. Perfect for a light supper.

## Menu

"Unfried" Rice

Orange & Kiwi Slices

**Note:** If you don't have leftover cooked rice on hand, put 2 cups instant whole-grain brown rice in a microwave-safe dish with 1-3/4 cups water. Cover and microwave 7 minutes on high while you prep vegetables.

1 cup shredded or finely chopped carrots (about 15 baby carrots)  
 3 green onions, tops and bottoms, chopped  
 1/2 green bell pepper, seeded and chopped  
 1 can (7 oz) sliced mushrooms, drained

Prep vegetables. For speed, use food processor to coarsely shred or finely chop carrots.



2 tsp sesame oil  
 1/2 tsp ginger (fresh grated tastes best)  
 1/2 tsp minced garlic (1 clove)

Heat in a nonstick skillet over medium-high. Add above vegetables, and stir-fry 1 to 2 minutes.

3 cups cooked whole-grain brown rice  
 1 cup frozen peas  
 3 T soy sauce, reduced-sodium

Stir in and cook 5 minutes.

2 eggs  
 5 grinds fresh ground pepper

In a small cup, beat eggs with a fork. Push rice mixture to side of skillet and add eggs and pepper to open side. Allow eggs to set thoroughly. Cut the cooked eggs into rectangular bites.

Gently combine eggs with rice and serve with orange and kiwi slices.

Nutrition information for 1/4 of recipe

Exchange Values: 3 Starch 1 Meat 1 Veg.

Calories	280	Fat	6 g	Fiber	6.5 g	Sodium	675 mg	Total Carbohydrate	47 g
Calories from Fat	19%	Saturated Fat	1 g	Cholesterol	106 mg	Protein	12 g	Sugars	8 g

Stir-Fry

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