

# Un-Fried Rice



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 4

**Prep:** 10 minutes | **Cook:** 20 minutes

## INGREDIENTS

- 1 tablespoon oil
- 1 clove garlic minced
- 2 cups raw vegetables (like onion, cabbage, kale, potato, peas, carrots, corn, broccoli), diced
- 1 egg, beaten
- 2 cups cooked brown rice, cold
- 2 tablespoons reduced sodium soy sauce
- Black pepper, to taste
- 1 cup cooked chicken, beef or shrimp (optional)
- 1 cup mango or pineapple, diced (optional)

## DIRECTIONS

1. Heat oil in skillet over medium heat. Add garlic and vegetables, toss in oil and cover. Cook vegetables until slightly brown and soft.
2. Add optional chicken, beef or shrimp to skillet and cook for 2 minutes.
3. Move vegetables to side of skillet. Add the egg directly into the base of the pan and scramble.
4. Add cooked brown rice, soy sauce, black pepper and chopped mango or pineapple (optional). Decrease heat to medium-low and cook until heated through, stirring frequently. Serve.



### Nutrition Information

*Serving Size: 1/4 of recipe made with chicken and pineapple*

<b>Calories</b>	<b>290</b>
<b>Total fat</b>	<b>9 g</b>
Saturated Fat	2 g
<b>Cholesterol</b>	<b>76 mg</b>
<b>Sodium</b>	<b>471 mg</b>
<b>Carbohydrates</b>	<b>29 g</b>
Fiber	2 g
Sugars	6 g
<b>Protein</b>	<b>14 g</b>

Recipe source: Leah's Pantry