



Recipes

Grains

Very Easy Fried Rice

Prep Time: 10 minutes

Cooking Time: 20 minutes (if using leftover rice)

Yield: 8 servings

Ingredients:

- 1 small onion, chopped
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 carrot, diced
- 1/2 bunch scallion, chopped
- 1 tablespoon ginger, grated
- 4 cups cooked long grain brown rice
- 2 tablespoons tamari soy sauce
- 1 teaspoon toasted sesame oil

Directions:

1. Sauté onion in olive oil for 5 minutes.
2. Add garlic and carrot and sauté for 4 minutes.
3. Add scallion and ginger and sauté for about 4 more minutes.
4. Add rice and sprinkle with water to give extra steam to dish.
5. Add tamari soy sauce and toasted sesame oil.
6. Lower heat and cool for 5 minutes more, stirring occasionally.

Variations:

Beat an egg together with the tamari and sesame oil. Pour this mixture into the pan and move it around quickly with fork to spread egg as it cooks.