



## FRIED RICE

### Ingredients:

- 3 cups cooked white or brown rice (leftover rice is great here! Even better if your rice is cold to start with.) You can also use cauliflower rice, quinoa or any grain.
- 2-3 eggs - *can omit if you are vegan*
- 1-2 Tbsp butter. Can sub ghee or avocado oil or olive oil
- 1-2 cups of chopped vegetables options include:
  - ¼ cup chopped scallions or leeks
  - ½ cup shredded carrots
  - ½ cup shelled edamame or frozen peas
  - ½ cup broccoli or zucchini
  - handful of pea pods or chopped string beans
  - can of water chestnuts or bamboo shoots
- 2 cloves garlic, minced
- 2-4 Tbsp low sodium soy sauce, tamari or coconut aminos
- 1 tsp sesame oil - ok if you don't have this!
- ½ cup of peanuts or cashews, toasted - *optional*
- sesame seeds for garnish – *optional*
- salt and fresh pepper to taste

### Instructions:

1. Whisk eggs, season with salt and pepper. In a large skillet, drizzle a little oil or butter and cook the eggs in a scramble format. Remove from pan and set aside.
2. Add more oil and sauté vegetables and for 5-7 minutes until tender. Add the garlic and sauté another minute.
3. Add rice and stir well until heated through.
4. Add cooked eggs along with tamari, stir well for about 2-3 minutes.
5. Stir in nuts if using
6. Top with sesame seeds, extra soy sauce or season with salt and pepper