

Fried Rice
Serves 3-4

Ingredients:

8c Cooked and Cooled White or Brown Rice
1c Blanched Broccoli or Raw Spinach
¼ ea Sliced White Onion
2 Cloves of Garlic, Chopped
2 Eggs, Scrambled
3T Braggs Soy Sauce
¼c Sliced Carrot
2t Lemon Juice
3T Extra Virgin Olive Oil, Vegetable Oil or Grape Seed Oil
2T Cilantro Leaves
2T Sliced Green Onion

Directions:

To scramble the egg:

In a small non-stick pan, add 1T of Oil. Then add the egg mixture and stir until cooked. Set aside the scrambled egg aside.

In a medium sauté pan over medium heat, add the oil. Then add the garlic, sliced onion, carrots, and broccoli or spinach. Stir for about 20 seconds. Then add the cooked rice. Cook until all the grains are separated from each other. Then add the soy sauce, stir again until fully incorporated. Stir in the cooked scrambled egg and mix together then add the lemon juice. Remove fried rice onto a plate or bowl and garnish with cilantro and green onion.