



Easy Fried Grains

Quick Dinners

INGREDIENTS

- 2 tbsp of sesame oil
- 2 cups of diced vegetables (sweet peppers, snap peas, broccoli)
- 1/2 cup diced onion
- 1 teaspoon of ground ginger or 1tbsp fresh, minced
- 3 cloves of garlic, minced
- 1/3 cup of frozen peas
- 1/3 cup frozen corn
- 1 cup of carrots, shredded
- 3 cups of cooked rice, quinoa or barley
- 1/4 cup low-sodium chicken broth or water
- 3 eggs (beaten)
- 2 cups of cooked protein (chicken, pork, tofu, beans)
- 1/3 cup of low sodium soy sauce

DIRECTIONS

1. Heat sesame oil in a wok over medium heat. Add your vegetables of choice, onion, ginger, garlic and sauté until cooked through about 6-8 minutes.
2. Add peas, corn and shredded carrots with your grain of choice to the wok and mix together. Use chicken broth to prevent sticking.
3. Move mixture to the side of the wok to create a hole in the middle. Add beaten eggs and scramble the eggs in the hole until small curds form and egg is cooked through. Mix the eggs, grains and vegetables all together.
4. Add protein of choice and soy sauce to the wok and cook until heated through.
5. Remove from heat and Enjoy!