

Vegetarian fried rice

SERVES: 1 TIME: 10 MIN

A well-balanced and simple recipe that serves as a template – use it year-round with seasonal vegetables or stick to your favorites – either way, you'll end up with a quick weeknight dinner.

Ingredients

¾ cup brown rice, cooked (¼ cup dry)

2 eggs

¼ cup yellow onion, diced

1 clove garlic, minced

½ cup carrot, diced

½ cup zucchini, diced

1 tsp extra virgin olive oil

1 Tbsp soy sauce, reduced sodium

Instructions

1. Crack eggs into a small bowl and add a splash of soy sauce; whisk and set aside.

2. Heat olive oil in a medium nonstick skillet over medium-high heat; sauté the onion, garlic, carrot, and zucchini for 2 to 3 minutes, stirring occasionally.

3. Add the brown rice and cook for an additional 2 to 3 minutes. Make a small well in the center and add the eggs; cook for one minute or until the eggs begin to cook before folding the egg into the rice mixture. Add remaining soy sauce and thoroughly mix.

NOTES:

Use tamari or coconut aminos to make GF.