

Vegetable Fried Rice

2 tablespoons Extra virgin olive oil
½ cup Celery
1 cup Frozen/ defrosted broccoli
½ cup Chopped mushrooms
1 large Egg (optional)

1 1/3 cup cooked brown rice

Hot sauce, soy sauce to taste

1. Heat the olive oil on medium.
2. Add the celery, stir to combine. Cook three to five minutes.
3. Stir in spinach and mushrooms. Cook three minutes or until vegetables are soft.
4. Add the cooked rice, stir to combine and heat through.
5. Scramble the egg in a bowl. Move the vegetable/ rice mixture to the side of the pan; pour in the egg. Let the egg cook until set (a few minutes) then scramble in. Add a dash of soy sauce and hot sauce to taste.

This can also be made with other vegetables and/ or without the egg.

Calories	750
Vegetables	4: 2, broccoli, 1 celery, 1 mushrooms
Starch	4: brown rice

