SHRIMP FRIED RICE

Ingredients:

- 1½ cups water
- 1 cup instant organic brown rice
- 2T hoisin sauce
- 4 tsp reduced-sodium soy sauce (or coconut aminos)
- 2 tsp toasted sesame oil
- 4 tsp oil, divided (pick your favorite)
- 2 large organic eggs, lightly beaten
- 8 oz peeled and deveined raw small shrimp (51-60 per pound)
- 2T fresh ginger, minced
- 4 cups string-less snap peas (12 ounces)
- 1 medium red bell pepper, cut into 1/2-inch pieces
- 2 medium carrots, halved lengthwise and thinly sliced
- 4 scallions, chopped
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Directions:

1. Combine water and rice in a small saucepan. Bring to a boil over high heat. Cover, reduce heat to medium-low and simmer until the water is absorbed, 10 to 12 minutes. Spread the rice out on a large baking sheet to cool.
2. Combine hoisin sauce, soy sauce (or coconut aminos) and sesame oil in a small bowl; set aside.
3. Heat 1 teaspoon oil (your pick) in a large nonstick skillet over medium-high heat. Add eggs and cook, stirring to help break into smaller pieces, until just set, about 45 seconds. Transfer the egg to a bowl.
4. Add another 1 teaspoon canola oil to the skillet and return to medium-high heat. Add shrimp and cook, stirring occasionally, until pink, 1 1 /2 to 2 minutes. Transfer the shrimp to the bowl.
5. Heat the remaining 2 teaspoons oil in the skillet over medium-high heat. Add ginger and cook, stirring, until fragrant, about 30 seconds. Stir in snap peas, bell pepper, carrots, and scallions; cook, stirring occasionally, until tender-crisp, 3 to 4 minutes. Stir in the rice and the reserved egg and shrimp; cook, stirring, until heated through, about 1 minute. Remove from the heat and gently stir in the sauce mixture. Makes 4 servings.

NUTRITION PER SERVING:

Calories 227, Carbohydrates 33g, Fiber 4g, Sugar 29g, Fat 4g, Sat Fat 2g, Protein 20g, Chol 35mg, Sodium 111mg, Vitamin C 113