

Low Protein Fried Rice

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12 Servings per recipe:

Ingredients:

- 4 c. day old low protein rice (we used loprofin for the calculation)
- 1 medium onion, diced
- ½ lb. peapods, cut into halves and thirds
- ½ lb. mushrooms, sliced
- ½ lb. Daikon Radish, peeled and diced
- 1 medium carrot, peeled and diced
- ½ lb. bean sprouts
- ½ c. coconut aminos
- Vegetable oil, as needed
- Sesame oil – optional

Directions:

1. Heat nonstick skillet on medium heat. Once warm, sauté all the vegetable in vegetable oil. After 2-3 minutes pull the vegetables off and set aside.
2. Let the pan get hot again, then add the rice and sauté with a little bit more vegetable oil as needed. The rice will absorb some oil, so pay attention to how much you add (it will get soggy if you add too much!).
3. Once the rice has started to fry a little bit and gain some color, add the vegetables back in and continue stir frying for 3-4 minutes or until desired cooking.
4. While cooking, add coconut amino and toss until most of the moisture is absorbed, the rice should take on the color of the coconut amino. You can add a little more if desired. Add a dash of sesame oil if desired for flavor right before serving.

Nutrition Information

Protein per serving: 2.22 g per serving

Calories per serving: 280