

fried rice

Serves 4

- 1½ cups organic brown basmati rice
- 2-3 eggs
- ½ cup diced carrots
- ½ cup diced onion
- ½ cup frozen peas
- 1 tablespoon extra virgin olive oil
- 1 tablespoon roasted sesame seeds
- ½ teaspoon black pepper
- ½ teaspoon sea salt
- 2 tablespoons Bragg's Liquid Aminos or low sodium soy sauce
- 1 teaspoon toasted sesame oil
- Garnish with chopped green onions

- Cook rice according to package directions. Rinse cooked rice in a strainer, and set aside to cool and dry slightly.
- Scramble the eggs lightly in a small frying pan. They will continue to cook slightly when added into the rice. Set aside.
- Heat the olive oil in a large frying pan over medium high heat. When the oil is very hot, add the onions and carrots. Stir constantly so that the vegetables don't burn.
- When the onions and carrots are soft, add the peas and rice, and mix together. Cook for 5 minutes.
- Chop the scrambled eggs and add them to the rice. Stir to combine.
- Season with salt and black pepper. Sprinkle in the sesame seeds.
- Add the sesame oil and Bragg's and cook for 3 more minutes.

tip ▶ Serve this dish hot with any Asian inspired entrée. To make a one-dish entrée, add diced, cooked chicken, beef, or shrimp.

