



Quick Shrimp Fried Rice

INGREDIENTS

12 ounces fresh or frozen medium shrimp in shells
1 egg
2 egg whites
4 teaspoons canola oil, divided
½ cup chopped carrot (1 medium)
½ cup celery (1 stalk)
½ cup sliced fresh mushrooms
½ cup sliced scallions
1 teaspoon fresh ginger, grated
2 cups unsalted, cooked brown rice, chilled
1 cup canned bean sprouts, rinsed and drained
½ cup frozen baby peas
2 tablespoons reduced-sodium soy sauce

PREPARATION

Thaw shrimp, if frozen. Peel and devein shrimp. Rinse shrimp; pat dry with paper towels and set aside. In a small bowl, beat together egg and egg whites; set aside. In a large skillet or wok, heat 2 teaspoons oil over medium-high heat. Add shrimp; stir-fry about 2 minutes or until shrimp are opaque. Remove shrimp; set aside.

Add the remaining 2 teaspoons oil to the skillet or wok. Add carrot, celery, mushrooms, scallions and ginger; stir-fry for 3 to 4 minutes or until vegetables are tender. Add egg mixture; let stand for 5 to 10 seconds or until egg sets on bottom but remains runny on top. Add rice and bean sprouts. Turn and toss mixture continuously for 1 minute. Stir in shrimp, peas and soy sauce; heat through.

SERVES 4

ACTIVE TIME 30M
TOTAL TIME 30M

NUTRITION FACTS

Calories	304
Total Fat	8g
Saturated Fat	1g
Monounsaturated Fat	N/A
Cholesterol	182mg
Sodium	575mg
Carbohydrates	31g
Dietary Fiber	4g
Total Sugars	4g
Added Sugars	N/A
Protein	26g
Potassium	440mg