



PUSH⁵¹¹
FITNESS

HEALTHIER FRIED RICE

Ingredients:

- 1 cup rice (white or brown)
- 2 large eggs
- 3 tablespoons liquid egg whites
- 1/2 of a 14 ounce package frozen stir-fry vegetables
- 2 tablespoons coconut aminos or low-sodium soy sauce
- 1 teaspoon sesame oil
- 2 scallions, thinly sliced

1. Rinse and cook rice per directions on package.
2. Coat a saute pan with non-stick spray. Over medium heat, cook eggs and egg whites until barely cooked through. While eggs are still a little runny, add cooked rice, frozen vegetables, and coconut aminos or soy sauce. Cook for an additional 3 to 4 minutes, stirring frequently.
3. Remove pan from heat. Fold in sesame oil and sliced scallions. Enjoy!