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HEALTHY VEGGIE FRIED RICE

Ingredients

- 2 tbsp peanut oil, divided
- 2 eggs, beaten
- 1 onion, peeled and diced
- 2 garlic cloves, peeled and minced
- 3 to 4 button mushrooms, thinly sliced
- 1/2 tsp sea salt
- 1 cup cooked or leftover brown rice
- 1 stalk broccoli, florets and stem diced
- 1 tbsp toasted sesame oil
- 2 tbsp soy sauce
- 1 tbsp mirin (or substitute with maple syrup)
- 1/4 to 1/3 cup water (or chicken stock)
- 2 scallions, minced

Directions

In a skillet, heat 1 tbsp oil and scramble eggs, breaking them into small pieces. Remove eggs from the skillet and set aside.

Add remaining 1 tbsp oil, and sauté onions and garlic 1 to 2 minutes. Add mushrooms and salt, and sauté 1 to 2 minutes. Add brown rice and broccoli to the skillet.

Combine toasted sesame oil, soy sauce, mirin, and water, and add to the skillet. Cover and cook on medium heat 5 to 7 minutes, or until broccoli is tender.

Return cooked scrambled egg pieces to the pan and toss with vegetables and rice.
Garnish with minced scallions.

Serves 4-6