

Shrimp Fried Rice

Ingredients

2 tablespoons canola or peanut oil, divided
½ cup small shrimp, pre-cooked and frozen
¾ cup onion, diced
black pepper, to taste
1 garlic clove, minced
2 green onions, chopped
1 cup frozen peas and carrots
4 eggs, beaten
4 cups of cooked long grain rice

Preparation

1. Preheat a large non-stick skillet over medium heat. Add 1 tablespoon of oil.
2. Add onion and a little black pepper. Cook until onion is tender (about 2 minutes)
3. Add garlic, ginger, and green onion and stir for about 1 minute.
4. Add shrimp, peas, and carrots. Stir until heated.
5. Place shrimp and vegetable mixture into a large bowl and cover.
6. Return skillet to heat, pour in eggs, and scramble until cooked. Add eggs to the shrimp and vegetable mixture.
7. Return skillet to heat, add 1 tablespoon of oil. Add rice and stir to heat and coat with oil.
8. Season with a little pepper, and let rice sit in skillet without stirring for about 2 minutes
9. Stir rice, and add the shrimp, vegetable, and egg mixture. Stir and serve hot.

Helpful Hints:

1. For more protein try adding more shrimp.
2. You can use leftover chicken or ½ cup diced tofu instead of shrimp.
3. Substitutions: ¼ teaspoon of garlic powder instead of 1 garlic clove; ½ teaspoon ground ginger instead of fresh ginger.

Portions: 4

1 Serving = 1 ½ protein, 3 starch, ½ low potassium vegetable, 1 fat

Adapted from www.davita.com/recipes

