

## Chinese Fried Rice

Servings per recipe: 4  
Serving size: 2/3 cup

### Ingredients

- 1 teaspoon sesame oil
- 3 eggs
- 1 tablespoon canola oil
- 2-1/2 cups cooked long grain rice (rice must be cold)
- ¼ teaspoon black pepper
- ½ cup cooked green peas (or frozen, uncooked)
- ¼ cup sliced green onion

### Preparation

- Combine sesame oil and eggs. Whisk and set aside.
- Heat canola oil in large non-stick skillet.
- Stir fry egg mixture until soft scrambled. Add cooked rice and stir until heated.
- Sprinkle with pepper, add peas and stir until heated.
- Top with green onions before serving.

### Renal and renal diabetic food choices:

1 meat, 1-1/2 starch

### Nutrients per serving:

229 calories, 8 grams protein, 30 grams carbohydrate, 8 grams fat, 66 mg sodium, 154 mg potassium, 144 mg phosphorus.

Adapted from: Cooking For David: A Culinary Dialysis Cookbook

