

HEALTHY FRIED RICE

You will need:

- 1 cup brown rice
- 2 tbsps. Olive oil
- 1/2 cup onion
- 1/2 cup green peas
- 5-6 egg whites, + 1 whole egg
- 1-2 tbsps. Low salt soy sauce

Preparation:

Sauté onion with olive oil in frying pan. While onion is cooking, microwave rice according to instructions. Add peas to the onions, and then add the rice after it is cooked. Mix together and continue to cook on medium heat. Add egg whites and whole egg. Continue to mix and cook over medium heat. Add soy sauce. Rice is done when eggs are cooked into the rice.

ENJOY!!!

Other suggested additives:

You can add beef, chicken, pork or shrimp for a complete meal packed with good protein and complex carbs, great for both weight loss and muscle gain!,
(Makes 2-3 servings)

For more information, contact Pam Janco, Certified Sports Nutritionist

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