



## Chinese Style Brown Rice

### *Serves eight*

2 TBS peanut, vegetable or olive oil + 1 tsp  
2 finely chopped scallions  
2 TBS of minced fresh ginger  
4 garlic cloves – minced  
1 small bell pepper – minced  
1 chili pepper – minced (optional)  
1 cup of finely chopped veggies of your choice – I used carrots, peas and corn but you can use broccoli, Napa cabbage, Bok Choy, snow peas, string beans, etc.  
½ cup of finely chopped meat of choice (chicken, beef, pork, ham) – completely optional  
4 cups of cooked brown rice  
3 TBS soy sauce  
2 eggs

Heat a wok and add 2 TBS of oil. Add the scallions, ginger, garlic, bell pepper and chili pepper. Allow these to cook for about 2 minutes, stirring constantly, until they are fragrant. Add the vegetables you will be using, mix well, and cook for another few minutes.

Add the meat and cook it completely through. Mix it with the veggies. Add the cooked rice and the soy sauce and mix well.

Make a well in the middle of your wok and add 1 tsp. oil. Add the eggs and allow them to set. Once they start cooking, start scrambling them and mix them into the rice when they are almost completely cooked. Serve and enjoy!

Rice made with ham - CALORIES 282.02; FAT 8.84 grs (sat 1.58; mono 3.23; poly 2.07); PROTEIN 10.58 grs ; FIBER 2.33 grs; CARBS 41.71 grs; CHOLESTEROL 52.56 mg; IRON 1.62 mg; SODIUM 554.08 mg; CALCIUM 31.39 mg

