

# Vegetable Fried Rice



## Ingredients

- 1 cup instant brown rice
- 1 cup vegetable broth
- 2 eggs, lightly beaten
- 2 teaspoons canola oil
- 6 ounces (about ½ bunch) asparagus spears, trimmed and cut into 1-inch pieces
- 1 medium red bell pepper, thinly sliced into 1-inch pieces
- 4 scallions, cut into 1-inch pieces
- 1 clove garlic, minced
- 1 tablespoon fresh ginger, minced
- 4 teaspoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon toasted sesame oil
- Hot red pepper sauce to taste

Servings: 2

## Preparation

1. Combine rice and broth in a small saucepan. Bring to a boil over high heat. Cover, reduce heat and simmer until the liquid is absorbed, 12 to 14 minutes. Spread the rice out on a large plate and let stand for 5 minutes.
2. While the rice is cooling, coat a large nonstick wok or skillet with cooking spray and place over medium heat. Pour in eggs and cook, stirring gently, until just set, 30 seconds to 1 minute. Transfer to a small bowl.
3. Heat canola oil in the pan over medium-high; add asparagus and cook, stirring, for 2 minutes. Add bell pepper, scallions, garlic and ginger; cook, stirring, until the vegetables are just tender, about 2 minutes. Add the cooked rice, soy sauce and vinegar to the pan; cook until the liquid is absorbed, 30 seconds to 1 minute. Fold in the cooked eggs. Remove from the heat; stir in sesame oil and hot sauce.

## Nutrition (per serving)

366 calories; 46g carbohydrates; 5g fiber; 14g fat; 14g protein; 581mg sodium; 212mg cholesterol; 453mg potassium

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