wiki (fast) rice

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Ingredients

1 tablespoon canola oil
1 tablespoon fresh garlic, minced (about 3 cloves) (or 1 teaspoon garlic powder)
1 teaspoon fresh ginger, minced (or 1/4 teaspoon dried)
1 tablespoon scallions (green onions), rinsed and minced
1/2 cup canned sliced water chestnuts, drained
2 cups cooked mixed vegetables (or 1/2 bag frozen stir-fry vegetable mix)
2 cups cooked brown rice
1 tablespoon lite soy sauce
1 teaspoon sesame oil

1. Heat canola oil in a large wok or sauté pan over medium heat. Add garlic, ginger, and scallions, and cook until fragrant, about 1 minute.

2. Add water chestnuts, and continue to cook until they begin to soften, another 1–2 minutes.

3. Add vegetables, and toss until heated through, about 2–3 minutes (or up to 5 minutes for frozen vegetables).

4. Add rice, and continue to cook until hot, about 3–5 minutes.

5. Add soy sauce and sesame oil. Toss well, and serve.

Yield 4 servings, Serving Size about 1 cup rice and vegetables, Calories 179, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 113 mg, Total Fiber 2 g, Protein 4 g, Carbohydrates 29 g, Potassium 88 mg