BODYELITEFIT

WIKI (FAST) RICE

WIKI MEANS "FAST" IN HAWAIIAN, AND THIS DISH FITS THE BILL—IT'S QUICK AND EASY TO MAKE

NUTRITION PER SERVING:

CALORIES	179
PROTEIN	4 G
CARBOHYDRATE	29 G
TOTAL FAT	6 G

PREP TIME:	10 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	ABOUT 1 C RICE AND VEGETABLES

1 TBSP	CANOLA OIL
1 TBSP	FRESH GARLIC, MINCED (ABOUT 3 CLOVES) (OR 1 TSP DRIED)
1 TSP	FRESH GINGER, MINCED (OR ¼ TSP DRIED)
1 TBSP	SCALLIONS (GREEN ONIONS), RINSED AND MINCED
½ C	CANNED SLICED WATER CHESTNUTS, DRAINED
2 C	COOKED MIXED VEGETABLES (OR ½ BAG FROZEN STIR-FRY VEGETABLE MIX) (LEFTOVER FRIENDLY)
2 C	COOKED BROWN RICE (LEFTOVER FRIENDLY)
1 TBSP	LITE SOY SAUCE
1 TSP	SESAME OIL

01 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.

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

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

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

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

NOTE: This recipe tastes best when prepared using leftover cold rice.

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