

Vegetable & Egg White Fried Brown Rice By Michael Tong

The Shun Lee Cookbook

Number of Servings: 4.0

<i>Item Name</i>	<i>Quantity</i>	<i>Measure</i>
Vegetable oil	2	Tablespoon
Egg white, raw, large	4	Each
Onion, peeled and diced	1/2	Cup
Bean sprouts	1 1/3	Cup
Carrots, fresh, diced	1/3	Cup
Peas, baby, green, thawed frozen	1/3	Cup
Lettuce, bibb, diced	1/3	Cup
Mushrooms, fresh, diced	1/3	Cup
Baby corn, canned, drained, diced	1/3	Cup
Salt	1/2	Teaspoon
Brown rice, cooked	2.5	Cup
Scallions, whole, fresh	1	Each
White pepper	1/8	Teaspoon

Nutrients

Calories	250 kcal	Cholesterol	0 mg	Fiber	4 g
Total Fat	8 g	Sodium	420 mg	Sugars	5 g
Saturated Fat	1.5 g	Carbohydrate	26 g	Protein	9 g
Trans Fat	0 g				

Notes

Bulk recipe: analysis for ¼ of recipe as found in *The Shun Lee Cookbook*

1 cup fruits/vegetables

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DIRECTIONS:

Method:

1. Heat a large wok over high heat. Add vegetable oil and heat until it shimmers. Add the egg whites and scramble until they are quite firm and not runny, about 10 to 15 seconds. Transfer the egg whites to a plate.
2. Return the wok to medium-high heat. Add the onion and stir-fry until it is translucent, about 1 minute. Add the bean sprouts, carrots, peas, lettuce, mushrooms, baby corn, and salt. Stir-fry until the carrots are crisp-tender, about 2 minutes.
3. Add the rice, scrambled egg whites, scallion, and white pepper, and stir-fry until the rice is piping hot, about 3 minutes. Serve immediately.