



AADI Recipe - Egg Drop Congee

Different from a typical congee recipe, this recipe uses brown rice, which gives you more nutrients and fiber.

Ingredients:

- 1 cup cooked brown rice
- 4 cups low sodium chicken broth
- 1/8 teaspoon salt
- 1 egg, beaten



Directions:

1. In a medium sized sauce pan, combine the brown rice, chicken broth and salt, mixing to loosen up the grains of rice.
2. Bring to boil, reduce the heat and simmer until the mixture thickens, about 30 minutes.
3. Add egg. Stir constantly until the egg is cooked. Serve immediately.

Servings: 1

Nutrition Facts	
Serving Size 1 serving	
Amount Per Serving	
Calories 455	Calories from Fat 108
% Daily Values*	
Total Fat 12g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Sodium 505mg	21%
Total Carbohydrate 63g	21%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 30g	60%
*Percent Daily Values are based on a 2,000 calorie diet.	