



AADI Recipe *– Shrimp Fried Rice*

White rice is typically used in making fried rice. This recipe uses a healthier alternative, brown rice, which gives more nutrients and more fiber.

Ingredients:

- 2 tablespoons oyster sauce
- 1 tablespoon low sodium soy sauce
- 1 tablespoon canola oil
- 1 large egg, lightly beaten
- 3 cups cooked brown rice
- 2/3 cup frozen peas and carrots, defrosted
- ¼ pound shrimp, precooked
- 2 tablespoons scallions, minced

Directions:

1. In a small bowl, mix the oyster sauce and soy sauce together. Set aside.
2. In a large frying pan or wok over high heat, heat the oil. Add the egg, and scramble with a spatula or wooden spoon.
3. Lower the heat to medium and add the rice, peas and carrots, stirring to break up any grains of rice that stick together.
4. After a few minutes, when the rice and vegetables are hot, add the shrimp, and then drizzle in the oyster-soy sauce mixture.
5. Add the scallions, stir to distribute the ingredients. Serve immediately.

Servings: 4

Nutrition Facts	
Serving Size 1 serving	
Amount Per Serving	
Calories 280	Calories from Fat 60
% Daily Values*	
Total Fat 6.5g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 685mg	29%
Total Carbohydrate 43g	14%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 13g	26%
*Percent Daily Values are based on a 2,000 calorie diet.	

