**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

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![Shrimp Fried Rice Image](image-url)