

Vegetable Fried Rice



Ingredients

You could use 2 cups of leftover cooked rice for this recipe instead of cooking the rice from scratch. Basic Shelf + Celery, Green Pepper and Eggs

500 mL	water	2 cups
250 mL	rice	1 cup
5 mL	vegetable oil	1 tsp
125 mL	thinly sliced celery	½ cup
125 mL	thinly sliced onion	½ cup
125 mL	thinly sliced carrots	½ cup
125 mL	thinly sliced green pepper	½ cup
4	eggs, beaten	4
15-30 mL	soy sauce salt and pepper	1-2 tbsp

Yield: 4 servings

Nutrition information:

per servings

- Excellent source of: vitamin A, vitamin B12
- Good source of: riboflavin, folate, vitamin E
- A source of fibre

Serving Idea: Serve with a glass of milk or a glass of fortified soy beverage.

Directions

1. Turn on stove to high heat. Combine water and rice in medium saucepan. Heat to boiling. Turn down heat, cover and simmer until rice is tender. This will take about 20 minutes and all the water will be absorbed. When the rice is cooked, set it aside.
2. Turn on stove to medium-high heat. Heat oil in large frypan. Add celery, onion, carrots and green pepper and stir-fry until vegetables are crisp-tender, about 6 to 8 minutes.
3. Add eggs to vegetable mixture. Cook and stir to scramble eggs. While eggs are still runny, stir in cooked rice and soy sauce. Continue to cook and stir just until the mixture is hot. Add salt and pepper to taste.

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Best Hummus Dip



Ingredients

540 mL	1 can chickpeas (rinsed and drained)	19 oz
30 mL	tahini	2 tbsp
45 mL	lemon juice	3 tbsp
2 mL	salt	1/2 tsp
2	large cloves garlic	2
1	green onion	1
50 mL	boiling water	1/4 cup

Yield:
2 (500 mL) cups

Directions

In a blender or food processor, combine chickpeas, tahini, lemon juice, salt, garlic, white part of green onion and boiling water. Blend until smooth. Stir in part of chopped green onion; garnish with parsley.

Suggestions

Make Ahead: This dip keeps in the refrigerator for up to 5 days.

Spread some dip inside a whole wheat pita; fill with raw or roasted red pepper, grated carrots and shredded lettuce.

Nutrition information:

Per 50 mL (1/4 cup)
serving:

Calories	119 kcal
Protein	3 g
Fat	4 g
Carbohydrate	20 g
Fibre	3 g

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