

## **Shrimp Fried Rice**

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 40 minutes

Serves: 4 dinner servings or 6-8 side dish servings

**CChints:** Fried Rice can be made with a variety of protein sources besides shrimp you could substitute thin slices of pork, chicken or any other seafood.

This recipe comes together quickly once you get started so you will want to have all the prep work done before you start. When you are cracking eggs for this recipe, always do it over a separate bowl. If a piece of eggshell breaks off into the bowl it is easy to get it out. Here is a trick, the eggshell will act as a magnet so just dip half the eggshell into the bowl near the piece that fell in. The larger shell will attract the small piece so you can lift it out easily.



- 5 cups of cooked whole grain brown rice
- 3 tablespoons low sodium chicken broth
- 2 tablespoons rice wine or Sake, a sweet rice wine
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon salt and a dash of pepper
- 1 pound shrimp, peeled, deveined and chopped
- 3 teaspoon olive oil, divided
- 1/2 cup yellow onion, diced
- 2 large eggs, beaten together in a small bowl
- 2 cups chopped green onions, green and white parts
- 1 teaspoon ginger paste, from a jar or freshly minced
- 1/2 cup shredded carrots
- 10 ounce package frozen peas, thawed

Cook rice according to package directions, usually 25 minutes. Remove the pan from the heat and drain off any excess water. Put the lid back on the pan to keep the rice warm while you prepare the rest of the rice dish.

In a small bowl, make the sauce by whisking together the chicken broth through salt and pepper. Set aside.

Peel, devein and chop the shrimp. In a large nonstick skillet, heat 1-1/2 teaspoon of the oil of medium heat. Add the shrimp and cook for 3 minutes or until shrimp has turned pink. Remove from the pan and set aside.

Add the other 1-1/2 teaspoon of the oil to the pan and add the onions. Cook for 5 minutes, stirring occasionally, until they begin to brown. Add the eggs and cook until they are softly scrambled. Add the green onions through the peas and stir for 1 minute. Add the rice and shrimp and stir for 4 minutes until the mixture is heated through. Remove from the heat and stir in the sauce and blend well.

Serve in bowls with chopsticks and enjoy.