

## Vegetarian Chinese Fried Rice

I love Chinese food and Asian flavors. Let's face it though, southwest Florida is challenged with good Chinese restaurants. Cooking at home to celebrate Chinese New Year is a good way to focus on healthy eating. This recipe uses brown rice to lower carbs and calories and the bright veggies add to color appeal.

- 1/4 c. canola oil
- 2 lg. cloves garlic, minced or mashed
- 3 green onions, diagonally sliced
- 1 sm. red onion, sliced
- 1 c. bok choy, coarsely shredded
- 2 fresh black mushrooms or reconstituted, julienned
- 1 c. Chinese snow peas
- 2 egg whites or egg substitutes
- 3 c. cold cooked brown rice
- 3 Tablespoons low soy sauce, or to taste

Heat wok or wok pan to high

Add 1-tablespoon oil and heat. Add garlic, green onions, and red onions and stir-fry until onions are tender. Add bok choy, mushrooms and snow peas. Saute 2 minutes. Remove vegetables. Add 1 tablespoon oil and heat. Add eggs. Stir until set. Remove eggs and break into very small pieces. Add remaining 2 tablespoons oil and add rice. Cook, tossing until heated. Season with soy sauce. Add vegetables and eggs and toss to mix well. Makes 4 to 6 servings.