



NUTRITION PER SERVING:

CALORIES 179
PROTEIN 4 G
CARBOHYDRATE 29 G
TOTAL FAT 6 G

PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES

YIELD: 4 SERVINGS
SERVING SIZE: ABOUT 1 C RICE AND VEGETABLES

- 1 TBSP** CANOLA OIL
- 1 TBSP** FRESH GARLIC, MINCED (ABOUT 3 CLOVES) (OR 1 TSP DRIED)
- 1 TSP** FRESH GINGER, MINCED (OR ¼ TSP DRIED)
- 1 TBSP** SCALLIONS (GREEN ONIONS), RINSED AND MINCED
- ½ C** CANNED SLICED WATER CHESTNUTS, DRAINED
- 2 C** COOKED MIXED VEGETABLES (OR ½ BAG FROZEN STIR-FRY VEGETABLE MIX) (LEFTOVER FRIENDLY)
- 2 C** COOKED BROWN RICE (LEFTOVER FRIENDLY)
- 1 TBSP** LITE SOY SAUCE
- 1 TSP** SESAME OIL



WIKI (FAST) RICE

WIKI MEANS “FAST” IN HAWAIIAN, AND THIS DISH FITS THE BILL—IT’S QUICK AND EASY TO MAKE

- 01 Heat canola oil in a large wok or sauté pan over medium heat. Add garlic, ginger, and scallions, and cook until fragrant, about 1 minute.
- 02 Add water chestnuts, and continue to cook until they begin to soften, another 1–2 minutes.
- 03 Add vegetables, and toss until heated through, about 2–3 minutes (or up to 5 minutes for frozen vegetables).
- 04 Add rice, and continue to cook until hot, about 3–5 minutes.
- 05 Add soy sauce and sesame oil. Toss well, and serve.

NOTE: This recipe tastes best when prepared using leftover cold rice.

