

Common Sense COOKING

Vegetable Fried Rice

2 Tablespoons olive oil
½ cup celery
2 cups baby spinach
½ cup chopped mushrooms
1 large egg
2/3 cup cooked brown rice
Hot sauce

Heat the olive oil on medium. Add the celery, stir to combine. Cook 3-5 minutes. Stir in spinach and mushrooms. Cook 3- minutes or until vegetables are the softness you would like. Add the cooked rice, stir to combine and heat through. Scramble the egg in a bowl. Move the vegetable/ rice mixture to the side of the pan; pour in the egg. Let the egg cook until set (a few minutes) then scramble in.

This can also be made without the beans and other vegetables. Also, you can cook the rice and vegetables; move to the side of the pan and add an egg. Scramble the egg in a small bowl. Pour into the pan. Let cook slightly then scramble into the rice/ vegetables.

Total calories - 570