



NUTRITION PER SERVING:

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

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| PREP TIME: | 10 MINUTES |
| COOK TIME: | 15 MINUTES |

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

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| 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.

