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## **Asian Fried Brown Rice**

Servings 4

### **Ingredients:**

1 Tbsp extra virgin olive oil  
1 small onion, peeled and diced (about ½ cup)  
1 scallion, sliced  
1 garlic clove, peeled and minced  
1 tsp minced ginger  
3-4 mushrooms, thinly sliced  
½ cup green peas  
2 eggs, beaten  
1 cup brown rice, cooked (cold rice, cooked the day before works best)  
1 Tbsp toasted sesame oil  
2 Tbsp low-sodium soy sauce  
1 Tbsp mirin (rice wine, found in Asian foods aisle at supermarkets)  
½ cup water

### **Directions:**

1. Heat half of the olive oil over medium heat then sauté onion, garlic, mushrooms and peas for 3 to 4 minutes.
2. Add sea salt, scallions and ginger and cook for 30 seconds more.
3. Remove vegetables from the pan and add the remaining olive oil and scramble the eggs. With a fork break up the eggs into small pieces.
4. Add the cooked vegetables and leftover rice to the pan.
5. In a small bowl, mix together the sesame oil, shoyu, mirin, and water then pour over rice and cook for 3 minutes more.

### **Nutritional Facts: Per serving**

**Calories:** 167   **Fat:** 9g   **Sat. fat:** 2g   **Carbohydrate:** 15g   **Protein:** 6g  
**Fiber:** 2g   **Cholesterol:** 93mg   **Sodium:** 301mg

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