

wiki (fast) rice

Ingredients

1 tablespoon canola oil

1 tablespoon fresh garlic,
minced (about 3 cloves)
(or 1 teaspoon garlic powder)

1 teaspoon fresh ginger, minced
(or 1/4 teaspoon dried)

1 tablespoon scallions (green
onions), rinsed and minced

1/2 cup canned sliced water
chestnuts, drained

2 cups cooked mixed vegetables
(or 1/2 bag frozen stir-fry
vegetable mix)

2 cups cooked brown rice

1 tablespoon lite soy sauce

1 teaspoon sesame oil



1. 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.
2. Add water chestnuts, and continue to cook until they begin to soften, another 1–2 minutes.
3. Add vegetables, and toss until heated through, about 2–3 minutes (or up to 5 minutes for frozen vegetables).
4. Add rice, and continue to cook until hot, about 3–5 minutes.
5. Add soy sauce and sesame oil. Toss well, and serve.

Yield 4 servings, **Serving Size** about 1 cup rice and vegetables, **Calories** 179, **Total Fat** 6 g, **Saturated Fat** 1 g, **Cholesterol** 0 mg, **Sodium** 113 mg, **Total Fiber** 2 g, **Protein** 4 g, **Carbohydrates** 29 g, **Potassium** 88 mg



National Heart, Lung,
and Blood Institute