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## Microwave Fried Rice

### Ingredients:

Cooked brown rice, 2 cups  
Peas and carrots, frozen, 1 cup  
Red onion, diced, 2 tbsp  
Green onion, chopped to garnish  
Eggs, 2  
Minced garlic, 1 tbsp  
Low-sodium soy sauce, 2 tbsp  
Sesame oil (optional), 1 tbsp  
Rice vinegar (optional), 1 tbsp  
Minced ginger (optional), 1 tsp

**Protein Boost:** Add canned chopped chicken or cooked chopped shrimp to the rice.

### Directions:

1. Cook instant brown rice in the microwave.
2. Crack the eggs in a bowl. Add garlic, low-sodium soy sauce, rice vinegar, and sesame oil. Beat it all together, and if you can get it, add a little ginger paste as well.
3. Pour the cooked rice into a large glass bowl. Top it with frozen peas and carrots and a few tablespoons of chopped red onion.
4. Place the bowl in the microwave with a paper plate on top, and cook it for 1 minute.
5. Pour in the egg mixture. Stir, and cook for 2 more minutes. Let it cool slightly, then stir.