



## **Stir-fry B**

### **INGREDIENTS:**

4oz shrimp  
1 large whole egg  
1/2 cup cooked medium-grain brown rice  
1 cup mixed frozen veggies

### **DIRECTIONS:**

In a pan over medium heat cook shrimp in nonfat cooking spray, add boiled rice and vegetables, add scrambled egg and soy sauce if desired.

Cook for about 5–10 minutes, stirring frequently.