

# Coconut Fried Rice



You can boost the yellow color of the brown rice in this recipe by cooking the rice in low-sodium chicken broth instead of water. If you want to add some heat, add a tablespoon (or to taste) of chopped red chilies along with the tomato.

## Ingredients:

2 large eggs	1-2 pinches of saffron
1/4 cup egg substitute	1-2 pinches curry powder
1 Tbs canola oil	1/4 Tsp coconut extract
1 sweet or yellow onion, finely chopped	4 cups cooked brown rice
2-3 Tsp minced garlic (optional)	8 ounces shrimp or diced tofu, shredded/diced chicken, beef, or pork
1/2 Tsp salt (optional)	1/2 cup chopped green onions
1/2 Tsp black pepper	1/4 cup chopped fresh cilantro leaves
2 Tbs catsup	canola cooking spray
1 cup finely diced tomato	
1/4 cup low-fat milk	

## Directions:

Add eggs and egg substitute to medium bowl and beat with fork until well blended. Coat a large, nonstick wok or frying pan with canola cooking spray and start heating over medium-high heat. Pout in the egg mixture and either scramble or cook like an omelet. Set cooked eggs aside. If you made an omelet, cut into shreds before setting aside.

To the same wok or frying pan, add canola oil and heat over medium-high heat. Add onions and garlic and stir fry until golden(a few minutes). Add salt (if desired), pepper, catsup, and diced tomato, and continue to stir fry for a minute or two. Meanwhile, add the milk, saffron, curry and coconut extract to a 1-cup measure and stir to blend.

Add the brown rice, shrimp, and coconut milk mixture to the wok with the onion mixture and continue to stir-fry for a couple more minutes. Stir in the cooked egg pieces or strips.

Arrange each serving of rice in a bowl and garnish with green onions and cilantro.

# Nutritional Information

Makes 4, 1.25 cup servings

Calories: 350

Fat: 8g

Saturated fat: 1.5g

% of Calories from Fat: 21%

Protein: 12g

Cholesterol: 107mg

Carbohydrates: 59g

Dietary Fiber: 6g

Sodium: 181mg