

Shrimp Fried Rice

1 c	brown rice
1/4 tsp	salt
2	egg whites
1	whole egg, lightly beaten
3 TBSP	coconut aminos
1 TBSP	rice vinegar
1 TBSP	olive oil
3 c	leeks, thinly sliced, white and tender green parts only
3 ribs	celery, thinly sliced diagonally
1	red bell pepper, cut into 1/4-inch squares
2 TBSP	fresh ginger, minced
2	garlic cloves, minced
1/2 lb	shrimp, shelled, deveined
1/2 lb	green beans, cut into 1/2 pieces
1/4 c	reduced sodium chicken broth

1. Cook brown rice according to directions and set aside. Cold rice works even better than freshly cooked brown rice so feel free to make a day ahead.
2. In a small bowl, beat together the egg whites, whole egg, coconut aminos, vinegar and 1/4 tsp of salt. Set aside.
3. In a large nonstick skillet or wok, heat 2 teaspoons of the oil until hot but not smoking over medium-high heat. Add the leeks, celery, bell pepper, ginger and garlic and stir-fry until the vegetables are crisp-tender, 3 to 4 minutes. With a slotted spoon, transfer the vegetables to a plate. Add the remaining 1 teaspoon oil to the skillet. Add the shrimp and the green beans and stir-fry until the shrimp are just beginning to turn pink, about 2 to 3 minutes.
4. Stir the egg mixture into the skillet and cook, stirring, until the egg mixture is set, about 1 minute. Return the vegetables to the skillet along with the cooked rice and the broth. Cook, stirring, until the ingredients are well combined and the shrimp are opaque throughout, about 1 minute. Divide among 4 bowls and serve.

Calories 370
Fat 6g
Carbs 58 g
Protein 20g