

Side | Lunch | Dinner

Easy Fried Rice

Side Effect: Diarrhea

5 Mins
Prep Time

10 Mins
Cook Time

4
Servings

216 Calories **10g Fat** **25g Carbs** **7g Protein**



Ingredients

4 Servings **15 Mins Total Time** **Allergens: None**

- 2 Tsp Sesame Oil
- 3 Cloves Garlic, minced
- 1 Cup Carrot, diced
- 2 Cups White Rice, cooked
- 2 Tbsp Ginger Paste
- 3 Tbsp Low-Sodium Soy Sauce
- 2 Eggs
- Salt and Pepper, to taste
- 3 Green Onions, sliced (optional)

Nourishment Note



Rice

Bland and gentle on the stomach, rice is a key component of the BRAT (bananas, rice, applesauce, and toast) diet, which may be helpful for treating diarrhea.



Ginger

Gingerol, the bioactive ingredient in ginger, may be beneficial as an antioxidant and anti-inflammatory agent.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Cook Garlic and Ginger

In a large skillet, heat sesame oil and cook garlic and ginger paste until softened.

3. Add Carrots

Add the carrots and sauté until tender.

4. Add Rice

Add the cooked rice and soy sauce and mix thoroughly.

5. Scramble Eggs

In a separate skillet, scramble the 2 eggs over medium heat.

6. Combine Ingredients and Serve

Mix scrambled eggs and rice mixture. Season to taste and top with green onion. Serve and enjoy!

7. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [tasty.co](https://www.tasty.co)

What You'll Need



Measuring Spoons



Knife



Cutting Board



Measuring Cups



Large Skillet or Wok



Spoon



Small Skillet

Fatigue Buster

- Purchase minute rice or frozen rice instead of preparing traditional rice. Cold or leftover rice works well for fried rice because it is less sticky.
- Purchase shoestring carrots instead of chopping carrots.
- Purchase minced garlic instead of chopping garlic.