

FARRO FRIED RICE

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (1 cup servings)

Nutrition (per serving)

Calories: 230

Total Fat: 8 g

Saturated Fat: 1 g

Sodium: 320 mg

Total Carbohydrate: 32 g

Dietary Fiber: 5 g

Total Sugars: 3 g

Added Sugars: 0 g

Protein: 7 g

PREP TIME: 20 min

COOK TIME: 20 min

TOTAL TIME: 40 min



Ingredients

- 2 Tablespoons sesame oil
- 1 medium yellow onion, chopped
- ¾ cups carrots slice into thin rounds
- ½ cup frozen sweet peas
- 3 cups cooked farro (or brown rice)
- 3 Tablespoons low sodium soy sauce (choose gluten free for GF version)
- ¼ cup green onion, chopped
- ¼ cup chopped cashews or peanuts
- 2 large eggs

Directions

1. In a large skillet, heat sesame oil over medium-high heat. Add yellow onion and sauté for 2-3 minutes. Add carrots and peas and continue to cook for 5 more minutes or until carrots are tender.
2. To the skillet, add in the cooked farro, soy sauce, green onion, and cashews or peanuts. Stir to combine. Continue to sauté the rice mixture for an additional 3-5 minutes to fry the rice, stirring occasionally.
3. Reduce heat to medium-low. Using a rubber spatula, move rice mixture to the outside edges of the pan forming a well in the middle. Crack two large eggs in the center and scramble. Mix into the rice, serve and enjoy!