



BREAKFAST FRIED RICE



INGREDIENTS

ITEM

QUANTITY

- Cooked Leftover Rice (Cold) 1 cup
- Large Egg 1
- Carrots, Finely Diced ¼ Cup
- Zucchini, Finely Diced ¼ Cup
- Green Onion Tops, Sliced 1 tbsp.
- Garlic-infused Olive Oil 1 tsp.
- Tamari 1 tsp
- Sesame Oil ¼ tsp.
- Salt and Pepper
- Optional Protein: Bacon, Turkey Sausage, Extra Egg

SERVING SIZE

1



PREPARATION

- 👉 If using bacon or turkey sausage, cook and set aside.
- 👉 Heat a nonstick skillet or wok over medium-high heat. Add garlic-infused olive oil and allow it to warm for 10-15 seconds.
- 👉 Add diced carrots and zucchini to the pan. Sauté for 3-4 minutes, stirring frequently, until they begin to soften but still hold texture.
- 👉 Push vegetables to one side of the pan. Crack the egg into the empty space and scramble it fully until cooked through.
- 👉 Add the cold rice directly into the pan. Break apart any clumps using a spatula so the grains separate evenly.

- 👉 Stir everything together so the egg and vegetables are evenly distributed through the rice.
- 👉 Add tamari and sesame oil. Stir thoroughly so the rice is evenly coated.
- 👉 If using optional protein, add it now and stir until warmed through.
- 👉 Turn off the heat and finish with green onion tops, salt, and pepper.