



### NUTRITION PER SERVING:

<b>CALORIES</b>	179
<b>PROTEIN</b>	4 G
<b>CARBOHYDRATE</b>	29 G
<b>TOTAL FAT</b>	6 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	15 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	ABOUT 1 C RICE AND VEGETABLES

<b>1 TBSP</b>	CANOLA OIL
<b>1 TBSP</b>	FRESH GARLIC, MINCED (ABOUT 3 CLOVES) (OR 1 TSP DRIED)
<b>1 TSP</b>	FRESH GINGER, MINCED (OR ¼ TSP DRIED)
<b>1 TBSP</b>	SCALLIONS (GREEN ONIONS), RINSED AND MINCED
<b>½ C</b>	CANNED SLICED WATER CHESTNUTS, DRAINED
<b>2 C</b>	COOKED MIXED VEGETABLES (OR ½ BAG FROZEN STIR-FRY VEGETABLE MIX) (LEFTOVER FRIENDLY)
<b>2 C</b>	COOKED BROWN RICE (LEFTOVER FRIENDLY)
<b>1 TBSP</b>	LITE SOY SAUCE
<b>1 TSP</b>	SESAME OIL



## WIKI (FAST) RICE

WIKI MEANS “FAST” IN HAWAIIAN, AND THIS DISH FITS THE BILL—IT’S QUICK AND EASY TO MAKE

- 01 Heat canola oil in a large wok or sauté pan over medium heat. Add garlic, ginger, and scallions, and cook until fragrant, about 1 minute.
- 02 Add water chestnuts, and continue to cook until they begin to soften, another 1–2 minutes.
- 03 Add vegetables, and toss until heated through, about 2–3 minutes (or up to 5 minutes for frozen vegetables).
- 04 Add rice, and continue to cook until hot, about 3–5 minutes.
- 05 Add soy sauce and sesame oil. Toss well, and serve.

**NOTE:** This recipe tastes best when prepared using leftover cold rice.

