

THE RECIPE

five-treasure fried rice

This recipe is easily adaptable, so feel free to substitute other vegetables you might have in the fridge—asparagus, zucchini, peas, mushrooms, bok choy, bean sprouts, and jícama are all possibilities.

Serves 4

- 2 Tbs. canola oil
- 1 cup peeled, finely diced broccoli stems (from about 1½ lb. broccoli)
- ¾ cup finely diced carrots
- ¾ cup finely diced red bell pepper
- ¾ cup frozen shelled edamame
- ¾ cup corn kernels, fresh or frozen
- 4 scallions (both white and green parts), thinly sliced
- 2 Tbs. finely grated fresh ginger
- 2 large cloves garlic, minced
- 4 cups very cold cooked brown rice
- ¾ cup finely diced Canadian bacon (4 oz.)
- 2 large eggs, lightly beaten
- ¼ cup lower-sodium soy sauce

Heat all but 1 tsp. of the oil in a large nonstick skillet or stir-fry pan over medium-high heat. Add the broccoli stems, carrots, and bell pepper and cook, stirring frequently, until the vegetables

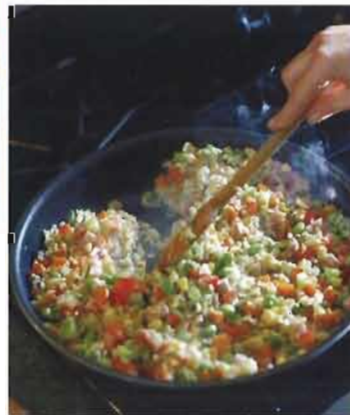
begin to soften, 3 to 5 minutes. Add the edamame and corn and cook until the edamame is thawed, about 1 minute. Add the scallion, ginger, and garlic and cook, stirring, until the raw garlic aroma subsides, about 1 minute. Add the rice and Canadian bacon and cook, stirring, until heated through, 3 to 5 minutes.

Make a 3-inch well in the center of the rice mixture. Add the remaining 1 tsp. oil, then the eggs, and cook, stirring, until the eggs are almost fully scrambled. Stir the eggs into the rice mixture. Stir in the soy sauce and serve.



good to know

- Brown rice is a better bet than white.
- More vegetables means a healthier dinner.
- There's big flavor in a small amount of meat.



From left to right: To give fried rice a healthy spin, Ellie uses lots of vegetables (including broccoli stems, carrots, and corn). She sprinkles in fresh aromatics like scallions, ginger, and garlic as flavor boosters and cooks the rice mixture with just a little canola oil to keep things light. Best of all, her fried rice comes together in less than 15 minutes, pan to bowl.



Fried Rice Gets Fresh

Nutritionist **Ellie Krieger** takes a less-than-healthy favorite and gives it a veggie-full makeover.

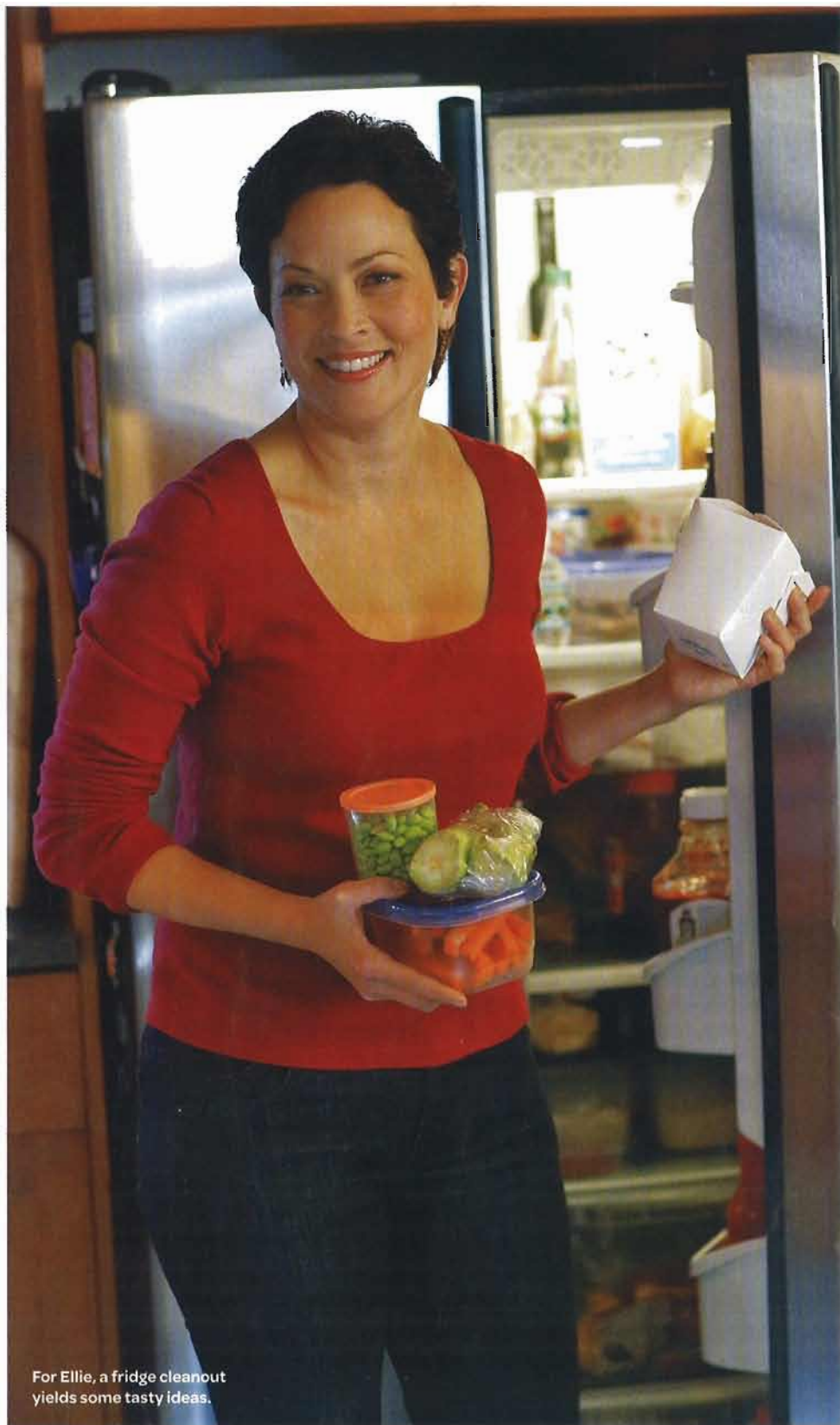
IT STARTED WITH SOME BROCCOLI. My daughter eats only the florets, so as usual, I went to cut them off to steam for her, throwing away the stalks in the process. But this time I stopped myself. I had read some shocking news recently that made me think twice: Americans waste a whopping 25 percent of available food. That's the equivalent of one pound per person every day, a number that accounts for not only broccoli stalks tossed at home but also unsold rotisserie chickens dumped at the market and half-eaten trays of lasagne discarded after a catered affair. With the cost of food making a bigger dent in everyone's pocketbook, wasting less at home seems like a no-brainer. Plus, it turns out that wasting less has been identified as the number one way to reduce your carbon "food" print. So I rescued the broccoli stalks—a drop in the stockpot for saving the planet, but a drop nonetheless. Surely I could find some way to use them.

Treasure hunting

Little did I know that the nearly rejected broccoli would lead me on a fantastic culinary journey. While pondering its possibilities, I found myself thinking about the odds and ends in my fridge that were in danger of being tossed—the last of a bag of baby carrots, most of a red bell pepper. I could make a fabulous omelet or frittata, or perhaps some kind of chopped salad. With a different mindset, I saw all of these discardable bits as treasures waiting to be turned into something satisfying and scrumptious. But what? The light bulb came in the form of leftover rice from Chinese takeout. Fried rice! Just those words get my mouth watering. And what better way to use all those little leftovers? It's the very reason fried rice was invented.

The trouble with fried rice is that it's usually pretty greasy and salty, with more

Continued on page 34



For Ellie, a fridge cleanout yields some tasty ideas.