

Dave's No-Oil "Fried" Rice

In 2022 I stumbled onto this recipe when our household seemed to have an over-abundance of cooked brown rice that needed to be eaten instead of thrown out.

Borrowing from the primary flavorful ingredients in my *No Oil Stir Fry* recipe, I assembled and tweaked the following, and it became a daily favorite of mine whenever we had cooked rice on hand.

Of course, it can be finetuned or tweaked however you like, but just the 10 basic ingredients listed here work *very* well.

I begin by having the following ingredients ready and in place to add to my larger bowl when it's time:

- 1) 2 cups **cooked brown rice** (White rice is okay, but it lacks all the fiber and nuttiness of brown.)
- 2) 1 – 2 tbsps. of "**moisture**" (some pineapple juice, low-sodium soy sauce, water, etc.)
- 3) ½ **red** (or orange or anything slightly sweet) **bell pepper**, finely chopped
- 4) 1 clove of **garlic**, finely minced
- 5) 1 clove-sized or thumb-sized piece of **ginger**, finely minced
- 6) 1-2 tbsp. of a favorite **chili sauce** (sweet chili sauce, Hoisin sauce, chili garlic sauce, etc.)
 - **OPTIONAL:** 1 – 2 pinches of **dulse flakes** (dried seaweed... for iodine and flavor)
 - **OPTIONAL:** for a little bit of all the good stuff that comes with adding **greens**, if it's available, consider adding 2 or 3 finely shredded Brussels sprouts or the same amount of some shredded cabbage or kale.
- 7) 2 **green onions** (scallions), chopped
- 8) ¼ - ½ cup of **pineapple**, finely chopped, crushed or in small tidbits
- 9) a generous serving of **pickled ginger**, finely chopped (Love this stuff! Find it where sushi ingredients are sold.)
- 10) 1 – 2 tbsps. **sweet soy sauce** (Kikkoman makes two versions of this – a sauce and a glaze – but they are hard to find in stores. The best kinds are almost as thick as molasses and are from Asian markets.)
 - **OPTIONAL:** a serving (or less) of an **ultra-low-fat/non-fat meat substitute**, chopped (When I can find it, I like to use **Loma Linda®** brand's **Thai Sweet Chili** flavor **TUNO™**. It contains "0" (zero) fat, and each can/packet comes with its own little chili pepper which I chop up very finely and stir in to the mix.)

- **START** with a large enough **container and lid** that are microwave friendly and keeps the moisture inside the container. I use a quart-sized Pyrex bowl and a plate (bottom side down) or a CorningWare dish with a glass lid.
- **Combine the first 6 ingredients** (plus the two options) into the container. (You don't have to stir or mix them up. In fact, it helps me to have the veggies sitting right on top, so I can see if they're cooked enough.)
- **Cover and microwave for 3 minutes** (or long enough to both soften the rice and cook/soften the bell pepper).
- **Add the remaining ingredients** into the container and **stir**.
- Let sit for a few minutes to **warm everything** or microwave again for just one minute.

That's it! You can add more of the sauces or seasonings to taste, if necessary.

There are at least two servings here you can share, or you can enjoy all of it yourself (like I often do) guilt-free! 😊

HEALTHY TIPS:

If you add a plant-based "meat," I recommend keeping the fat content **ultra-low**. Less than 10% fat per serving is best. There are lots of meat substitutes available, and several are heavily loaded with fats (of all kinds – "good" and "bad"). If you already have heart disease or need to lose weight, the last thing you need in your diet are extra fats (of *any* kind) with all those extra lipids for your blood vessels, liver and adipose tissues to deal with.

BEWARE! BE A-WARE of what's in your food **BEFORE** it's in your mouth! Learn to read and scrutinize nutrition labels.

- Let's say a given food's nutrition label says 90 calories per container, and its total fat content is 5 grams.
- 1 gram of fat = 9 calories
- Do the math. 5 grams of fat x 9 calories per gram = 45 calories. **Half the calories in that food are from fat.**

To *prevent* weight gain and the advancement of metabolic disease, a diet containing less than 20% fat is necessary.

To *lose* weight and **prevent** (or reverse) metabolic disease, a diet of less than 15% fat is required *and* is entirely possible, **if** eating plant-strong (vegetables, fruits, legumes and whole grains) and eating them "as grown" (minimally processed).