

---

# LIVELY RICE DISH

---

This rice dish is inspired by a dish served in an Indian restaurant

---



## Vegetable Fried Rice With Spicy Tomato Sauce

*Here is a lively rice dish that has a lot of crunch. Serve it for lunch or dinner with lentils or a protein.*

❖ **Rice:**

- ❖ 3 cups cooked brown rice
- ❖ Spray vegetable oil
- ❖ 2 cloves minced garlic
- ❖ 1 cup chopped green onion
- ❖ 1 cup shredded cabbage
- ❖ 1 cup corn kernels

❖ **Spicy Tomato Sauce**

- ❖ 1 8-ounce can tomato sauce, no salt
- ❖ 1/2 tsp cumin
- ❖ 1/2 tsp coriander
- ❖ 1 tsp red chile powder
- ❖ Pinch of salt, black pepper to taste
- ❖ 1 tsp lemon juice

Cook the brown rice according to package instructions.

Spray a large nonstick pan with vegetable oil cooking spray. Sauté the garlic, green onion, cabbage, and corn together for a minute. Cover with a lid and allow to steam for 2 more minutes. Toss in the rice.

Serve hot with spicy tomato sauce. To make this sauce, simmer all items together for 10 minutes on low heat.

Serves 6-8. Each 1/2 cup serving: 117 calories, 1g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 15mg sodium, 25g carbohydrate, 3g fiber, 4g sugars, 3g protein.