

Cilantro Salsa over Shrimp Fried Rice



Serves 4

Cilantro Salsa

- 1 **garlic clove**, minced
- 1/2 **jalapeño pepper**, seeded and chopped
- 1 **cup cilantro leaves**, chopped
- 1/2 **cup mint leaves**, chopped
- 1 **small onion**, chopped
- 2 **teaspoons lemon juice**
- 1 **Tablespoon seasoned rice vinegar**
- Pinch white pepper**

- 1 In a food processor or blender, combine ingredients, pulsing 4-5 times.
- 2 Let rest 30 minutes to allow flavors to meld. Use within a couple of days.

Shrimp Fried Rice

- 2 1/2 **cups cooked long-grain brown rice**, cooled
- 2 **eggs**, beaten
- Oil spray**
- 1 **Tablespoon vegetable oil**
- 1 **small onion**, diced
- 1 **garlic clove**, minced
- 1/2 **pound small raw shrimp**, peeled
- 3 **cups diced colorful vegetables**

(red bell pepper, green peas, bok choy, carrots)

- 2 **Tablespoons oyster sauce** or **hoisin sauce**
- 2 **Tablespoons low-sodium chicken broth**
- 2 **green onions**, chopped
- 1/2 **teaspoon white pepper**
- 1 **teaspoon toasted sesame oil**

- 1 Fork through cold rice to separate clumps.
- 2 Bring wok or heavy pan to medium heat, add oil spray, and scramble eggs until lightly set. Set aside.
- 3 Return wok to the burner, bringing to medium-high heat, then add oil and let heat. Stir-fry onion and garlic for 2 minutes to wilt onions. Add shrimp, vegetables, oyster sauce (or hoisin), and broth. Stir-fry another 3 minutes. Add rice and mix well.
- 4 Return eggs to the wok and season with green onions, white pepper and sesame oil. Top with salsa.

Per serving: 304 calories, 14g protein, 46g carbohydrate (8g fiber), 8g fat (1g sat, 7g mono/poly), 346mg sodium