



BREAKFAST FRIED RICE

COURTESY OF FIT

DIFFICULTY: EASY

TOTAL TIME: 15 MINUTES

ACTIVE: 10 MINUTES

SERVES: 2 PEOPLE

INGREDIENTS

- ¼ cup cooked rice
- ½ cup egg whites
- ½ cup edamame
- 1 chicken apple sausage
- 1 tsp low sodium soy sauce (I recommend coconut aminos)
- Seasonings used: garlic powder, onion powder, pepper
- Optional Additions: leftover veggies like carrots, onions, green onions, garlic, broccoli, bell peppers etc. Top with: avocado, hot sauce, or an additional egg for extra protein.
- ~ 36 grams of protein!

INSTRUCTIONS

1. Begin by making your favorite rice! (I recommend making it the day before if you want to save time.)
2. Next, scramble your egg whites in a pan on medium heat.
3. Once your egg whites are ready, add your chopped veggies and chicken apple sausage.
4. Optionally, add carrots and edamame.
5. Finally, add your rice, some seasoning, a teaspoon of low sodium soy sauce, and mix together.
6. (Suggestion) I like to top my breakfast fried rice with sriracha, avocado, green onion, and sometimes a fried egg for more protein!