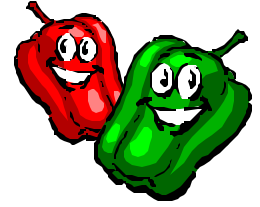


Fried Rice with Peppers, Onions and Mushrooms



3/4 cup low protein rice, prepared
1 1/2 tablespoons vegetable oil
8 ounces fresh mushrooms, stems removed, caps sliced
1 large red or yellow pepper, thinly sliced
2 teaspoons minced peeled fresh ginger or 1/2 teaspoon ground ginger
2 green onions, chopped
1 tablespoon *La Choy soy sauce

Heat 1 1/2 tablespoons of oil in medium nonstick skillet over medium-high heat. Add mushrooms and sauté 4 minutes. Add pepper and ginger and sauté 3 minutes. Add rice, onions and 1 tablespoon soy sauce and toss. Season with salt and pepper. Serve, passing more soy sauce, if desired.

*Check the Low Protein Foods list for the phe content of other soy sauces. If you use another brand, be sure to adjust the phe calculation.

Per recipe: 282 mg phe
Per 1/2 cup serving: 30 mg phe



Recipe adapted from Bon Appetit Nov. 2000 issue

