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## Whole Grain Fried “Rice”

**Calories per serving: 406   # of servings: 4   Serving Size: 1.5 cups   TOTAL TIME: 30 minutes**

### Ingredients

- 3 tablespoons coconut or canola oil
- 2 eggs
- 2 medium carrots
- 1 small white onion
- 1 cup frozen peas
- 3 cloves garlic
- salt and pepper
- 4 cups cooked and chilled barley/brown rice/farro/quinoa
- 3 green onions
- 3-4 tablespoons soy sauce, or more to taste

### Directions

1. Dice carrots and onions into small pieces. Mince the garlic. Chop green onions, but keep separate from carrots and onions.
2. Heat 1/2 tablespoon of oil in a large sauté pan over medium-high heat until hot. Whisk egg and add to the pan. Cook through, stirring occasionally. Remove egg, and transfer to a separate plate.
3. Add an additional 1 tablespoon oil to the pan and heat until hot. Add carrots, onion, peas and garlic, and season with a generous pinch of salt and pepper. Sauté for about 5 minutes or until the onion and carrots are soft. Increase heat to high, add in the remaining 1 1/2 tablespoons of oil. Immediately add the barley, green onions, and soy sauce, and stir until combined. Continue stirring for an additional 3 minutes to fry the rice. Then add in the eggs and stir to combine. Remove from heat.
4. Enjoy!