

FODMAP

SHRIMP FRIED RICE

2 Tbs. peanut oil, divided
1 lb. shelled, deveined shrimp, chopped
2 eggs, lightly beaten
1 red bell pepper, diced
½ lb. baby bok choy, chopped
2 cups cold, cooked brown rice
2 tbs. reduced sodium soy rice
1 tbs. balsamic vinegar
2 tsp. toasted sesame oil

Step 1:

In a large, non-stick skillet, heat 1 tbs. oil over medium-high heat. When oil is hot, stir fry shrimp until just pink and opaque, about 2 minutes.

Step 2:

Push shrimp to one side and add eggs. Stir fry for 1 minute more then remove the shrimp and eggs from the skillet.

Step 3:

Heat remaining 1 tbs. oil until hot. Stir fry pepper and bok choy until hot and tender but still crisp, about 2 minutes. Stir in rice, shrimp and eggs.

Step 4:

Remove from heat and sprinkle with soy sauce, vinegar and sesame oil.

Serves 4