

Longhorn Fuel Presents:
**QUARANTINE
KITCHEN**

Weekly recipes will be provided from your staff of sports dietitians. Recipes will be provided to maximize budget as well as what you have in your fridge/pantry that don't require an additional trip to the store.

They will be slightly vague and flexible to allow you to customize each recipe to what you have on hand.

Questions about the recipes?

Submit them via direct message on instagram @longhornfuel and a dietitian will respond!

QUARANTINE KITCHEN

Leftover Veggie Fried Rice

Serves 2-3 people

Ingredients

- 1 pack boil in bag brown rice, or 1 cup rice
- Cut up leftover veggies (recommend: onion, peppers, broccoli, carrots, green onions, zucchini, frozen peas, green beans, corn, etc.) Really! Whatever you have!
- Fresh or frozen protein (chicken, beef, shrimp, tofu)
- Stir fry, teriyaki, soy or hoisin sauce
- 1-2 Tbsp each, Fresh or jarred ginger and or garlic
- 1 Tbsp canola or olive oil
- 2 whole eggs



Directions

1. Take frying pan and add 1 Tbsp canola or olive oil
2. Add 1 Tbsp each garlic and/or and sautee until fragrant.
3. Boil water in separate pot according to directions on rice packet/box. Once water is boiling, add rice according to packet/box
4. Dump in all vegetables, sautee 2-3 minutes or until they start to soften
5. While veggies are cooking, take protein in a separate pan and cook thoroughly. Add to veggies once cooked.
6. Push veggies and protein to the sides of the pan creating a hole in the middle
7. Add two eggs to the center and scramble. Cook most of the way through and then combine with other ingredients.
8. Add in the cooked rice to the pan and stir until mixed completely.
9. Add in 3-4 Tbsp of sauce of choice
 - a. Taste the sauce prior. Many of these are highly concentrated and very high in sodium. Start by adding a small amount and increasing to taste. You can always add more, you can't always take out!
10. Serve while hot and HOOK 'EM

