



Rice Medley

This is a healthy version of fried rice, so try to make some healthy alternatives to this as well.

1 box brown rice
2 packages mushrooms
bag of frozen peas
12 eggs
4 chicken breasts
(Shrimp, optional)

Cook brown rice by directions on box. Sauté mushrooms. Scramble egg whites.

Cut up chicken breasts in to small pieces and grill. Saute shrimp. After cooking all of these ingredients, mix together. I love to add a little sea salt to this as well.

YUMMY!