

**Flax Fried Rice**

1	cup	long grain rice	250	mL
2	cups	water	500	mL
½	tsp.	salt	2	mL
2	tbsp.	canola oil	25	mL
3		eggs, beaten well	3	
½	cup	diced cooked ham or any meat	125	mL
¾	cup	frozen mixed vegetables (carrots, peas, corn), thawed under cold running water and drained	175	mL
1		green onions, cut into ¼ inch (6 mm) lengths	2	
2	tbsp.	soya sauce	25	mL
½	tsp.	sesame oil	2	mL
¼	cup	flaxseed, toasted*	50	mL

- Rinse rice well in a sieve under cold running water.
- In a medium saucepan, bring water and salt to a boil, add rice, bring to a boil again, stirring with a fork.
- Reduce heat, cover, simmer slowly 20 minutes.
- Remove lid, allow steam to escape. Fluff rice with a fork.
- Cool, cover and place in refrigerator overnight.
- In a large non-stick skillet, over medium heat, heat canola oil.
- Add egg and fry until half cooked.
- Add rice, breaking up any lumps, stirring quickly to coat the rice.
- Reduce heat to medium low; add ham, vegetables and onion.
- Cook, turning rice mixture gently but frequently 4 minutes.
- Add soya sauce, sesame oil and flaxseed. Reduce heat to low, cover and cook 3 minutes.

\*To toast flaxseed, pour seed into a small baking pan, place into a preheated 350° F (180° C) oven 3 to 4 minutes, stirring occasionally.

Yield: 6 servings

Serving Size: 1 cup (250 mL)

**Single Serving Nutrient Values**

Calories	266	
Protein	10.85	g
Carbohydrate	32.70	g
Fat	10.27	g
Cholesterol	112.8	mg
Saturated Fat	1.778	g
Monounsaturated Fat	3.671	g
Polyunsaturated Fat	4.010	g
Dietary Fibre	2.742	gm
Sodium	659.8	mg
Potassium	258.5	mg

