



# No-Fry Fried Rice



## INGREDIENTS

5 cups cold cooked Hy-Vee long grain or instant white rice  
1 cup chopped Hy-Vee Short Cuts fajita vegetables  
1 cup chopped green onions, divided  
½ cup bottled hot kimchi, coarsely chopped  
4 clove(s) garlic, minced  
1 tbsp grated fresh gingerroot  
6 tbsp organic coconut aminos, plus additional for serving  
6 tbsp seasoned rice vinegar  
5 Hy-Vee large eggs, beaten  
½ lb Fish Market natural peeled & deveined raw shrimp (31 to 40 ct.)  
2 tbsp fresh lime juice

## PREPARATION

- 1 Preheat oven to 450°. Spray a 17x12x1-in. baking pan with nonstick spray; set aside.
- 2 Spread rice in baking pan. Bake for 5 to 6 minutes or until dry. Cool for 3 minutes.
- 3 Toss together rice, fajita vegetables, ½ cup green onions, kimchi, garlic, gingerroot, 6 Tbsp. coconut aminos and rice vinegar in a large bowl. Evenly spread rice mixture in same baking pan.
- 4 Bake for 12 minutes; remove from oven. Toss rice using a spatula. Drizzle with beaten eggs; tuck shrimp into rice mixture.
- 5 Bake for 8 to 10 minutes or until shrimp reach 145° and eggs are completely set.
- 6 To serve, drizzle rice mixture with lime juice; toss to combine. Top with remaining ½ cup green onions. Serve with additional coconut aminos, if desired.

## NUTRITION FACTS

Calories: 320  
Total Fat: 5g  
Saturated Fat: 1.5g  
Trans Fat: 0g  
Cholesterol: 225mg

Sodium: 790mg  
Carbohydrates: 49g  
Fiber: 2g  
Sugar: 8g  
Protein: 19g