

SELF

Skip Take-Out Tonight and Make This Deconstructed Fried Rice Instead



Meet our guest blogger of the week, San Francisco chef Kathy Fang, author of the blog [Fangalicious](#), and co-owner and chef at SOMA's [Fang Restaurant](#). She'll be sharing her Asian Fusion recipes all week long -- but you can also check out all these healthy, fresh dishes from our April issue while you wait (and/or drool.)

Fried rice is one of my guilty pleasures. It's a perfect combination of veggies, protein, oil, eggs, seasoning and rice. It's everything yummy in one bite. However, I always find myself feeling sick after eating an entire plate.

Sate your craving with this healthy, lighter version. There's no frying involved, just lots of vegetables and seasoning without oil.

INGREDIENTS:

- 1/4 cup corn
- 1/2 cup sliced zucchini
- 1/4 cup sliced red onions
- 1 teaspoon minced garlic
- 2 teaspoon salt

- 1 tablespoon Braggs soy sauce
- 1 cup cooked brown rice
- 1/4 cup egg whites beaten (I buy mine from Whole Foods that adds carotene, giving it the yellow color. Personally, this version gives the taste of a lighter version of whole eggs rather than the taste of pure egg whites. It's completely fat free.)
- 1 teaspoon dried parsley
- 1 teaspoon black pepper
- 1 tablespoon sambal
- 2 tablespoon unagi sauce or teriyaki sauce

DIRECTIONS:

- Steam one cup of brown rice.
- In a large pot, boil the corn, zucchini and onions. Cook until the zucchini is soft and drain the vegetables so there's no water
- In a large bowl, add steamed brown rice to the vegetables and toss with all the seasoning excluding the eggs, dried parsley, sambal and unagi sauce.
- Toss the rice until fully incorporated and taste. For more seasoning, add more soy sauce or salt.
- Heat a non stick pan with a dash of olive oil and pour the beaten egg whites into the pan. Spread the egg whites until it covers the entire pan. It should be a thin layer of egg whites. Season with a dash of salt, pepper and dried parsley. Once it sets, remove and slide it on top of a plate.
- Put the mixed rice in a rice bowl and flip over into a large plate.
- Top with sambal and drizzle with unagi sauce.

MORE RECIPES FROM KATHY FANG:

- **Tuna Poke Dip**
- **5-Minute Superfood-Stuffed Salad**
- **Mom's Chicken Soup**