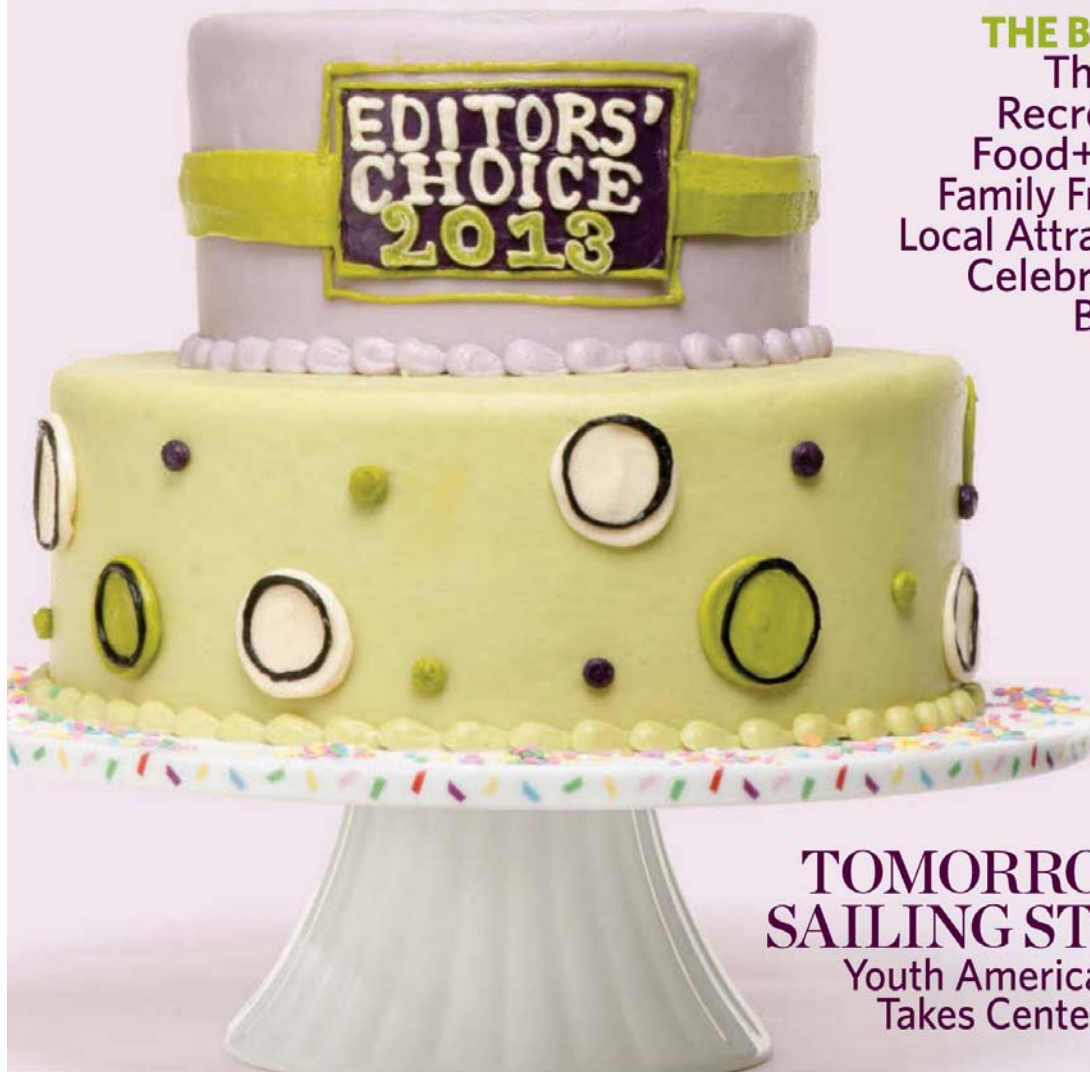


# Marin



## THE BEST IN

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## TOMORROW'S SAILING STARS

Youth America's Cup  
Takes Center Stage



## Chinese With a Twist

*A healthy take on a fried favorite.*

**C**hef Kathy Fang grew up immersed in authentic Chinese cuisine — her father, Peter Fang, is the chef and owner of San Francisco's House of Nanking, and she was basically raised in the kitchen. Now she's carrying on the legacy at Fang, another S.F.-based restaurant with a more modern take on the traditional Chinese menu. "You can find many HONK favorites on Fang's menu, but there's also a lot more of me in the cooking and the feel of the Fang restaurant," Kathy says. "Fang is the traditional Chinese cooking I learned at HONK, but with a twist." Kathy also runs a popular food blog, appropriately dubbed Fangalicious, where she features her favorite recipes. Here's one that caught our eye — a healthy take on the yummy and indulgent favorite fried rice. **CALIN VAN PARIS**

### RECIPE

## Deconstructed "Fried" Rice

YIELDS 2 SERVINGS

### Ingredients

¼ cup corn  
½ cup sliced zucchini  
¼ sliced red onions  
1 cup uncooked brown rice  
2 teaspoons salt  
1 tablespoon Bragg Liquid Aminos  
1 teaspoon minced garlic  
1 tablespoon olive oil  
¼ cup egg whites, beaten  
1 teaspoon black pepper  
1 teaspoon dried parsley  
1 tablespoon sambal  
2 tablespoons unagi sauce or teriyaki sauce

### Directions

1 Add corn, zucchini and onions into raw rice and stir. Season with a dash of salt, add 2 cups water and bring to a boil. Turn the heat to simmer/low and cover. 2 Cook for 10 minutes and turn heat off. Let sit with lid on top for 5 minutes before tossing with the rest of the seasonings (Bragg Liquid Aminos, salt and garlic). 3 Heat a nonstick pan with a little olive oil and pour egg whites into the pan. Spread the egg whites until the entire pan is covered. You should have a thin layer of egg whites. 4 Season with a little more salt, pepper and dried parsley. 5 Once egg sets, remove and slide it on top of a plate. Put the mixed rice in a rice bowl and flip over into the plate. 6 Top with sambal and drizzle with unagi sauce.