



## Shrimp Fried Rice

Reach into the freezer for a speedy Asian supper. Keeping frozen shrimp and vegetables on hand ensures you'll always have a dinner plan. Microwaveable precooked rice is shelf stable and ready to serve in seconds.



Photo by: Randy Mayor

**YIELD:** 6 servings (serving size: about 1 1/2 cups)  
**COURSE:** Main Dishes

### Ingredients

3 (3 1/2-ounce) bags boil-in-bag long-grain rice  
1 (10-ounce) package frozen green peas  
Cooking spray  
2 large eggs, lightly beaten  
1 tablespoon canola oil  
1 cup chopped green onions  
1 tablespoon bottled ground fresh ginger (such as Spice World)  
12 ounces medium shrimp, peeled and deveined  
2 tablespoons rice vinegar  
2 tablespoons low-sodium soy sauce  
1 teaspoon dark sesame oil  
1/4 teaspoon salt  
Dash of crushed red pepper

### Preparation

Cook rice according to package directions, omitting salt and fat. Drain. Remove rice from bags, and return to pan. Add peas to the pan, stirring well. Cover and keep warm.

Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray. Add eggs to pan; cook 1 minute or until set. Remove eggs from pan; coarsely chop. Return pan to heat; add canola oil to pan. Add onions and ginger to pan; sauté 1 minute. Add shrimp to pan; sauté 2 minutes or until shrimp are done.

Add shrimp mixture and eggs to rice mixture; stir well. Combine vinegar and the remaining ingredients, stirring well. Drizzle vinegar mixture over rice mixture; stir well.

Nutritional Information	
Amount per serving	
Calories: 392	
Calories from fat: 15%	
Fat: 6.7g	
Saturated fat: 1.1g	
Monounsaturated fat: 2.8g	
Polyunsaturated fat: 1.9g	
Protein: 19.3g	
Carbohydrate: 61.9g	
Fiber: 3.2g	
Cholesterol: 155mg	
Iron: 4.9mg	
Sodium: 478mg	
Calcium: 67mg	

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