

Breakfast Fried Rice with Scrambled Eggs

Makes 4 servings

Fried Rice

2 tablespoons chopped lop chong (Chinese sausage; optional)

$\frac{1}{4}$ cup vegetable oil

1 tablespoon chopped garlic

1 tablespoon peeled, chopped fresh ginger

1 green onion, white and green parts, chopped

2 tablespoons diced red onion

2 tablespoons chopped fresh cilantro

1 or 2 leaves baby bok choy, thinly sliced

$\frac{1}{4}$ cup shredded red cabbage

5 sugar snap peas, cut into thin strips on the diagonal

2 cups cooked and cooled brown rice

4 tablespoons soy sauce

4 tablespoons mirin

Eggs and Garnishes

2 large eggs, beaten

1 teaspoon sesame seeds

2 tablespoons toasted cashews, chopped

1 green onion, white and green parts, sliced thin on the diagonal

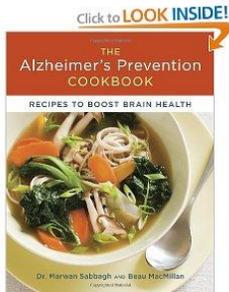
To make the fried rice, in a large wok or large skillet over high heat, fry the *lop chong* until rendered, less than a minute. Transfer the *lop chong* to a paper towel-lined plate and discard the fat.

Set the wok over high heat and heat until very hot. Add the oil to the wok. Add the garlic, ginger, chopped green onion, red onion, cilantro, bok choy, cabbage, and snap peas. Cook, stirring, for 1 minute, or until the vegetables have softened and you can smell the ginger.

Add the rice and continue to cook, stirring, until everything is coated, 2 to 4 minutes. Add the soy sauce and mirin and toss well. Remove the wok from the heat.

To cook the eggs, heat a small nonstick skillet over medium heat. Spray the pan with nonstick cooking spray, and then pour in the beaten eggs. Cook, gently stirring the eggs for 1 to 2 minutes, until scrambled but still moist.

Transfer fried rice to a serving bowl and top with the scrambled eggs. Sprinkle with the sesame seeds, toasted cashews, and green onion and serve right away.



From *The Alzheimer's Prevention Cookbook: 100 Recipes to Boost Brain Health*, by Dr. Marwan Sabbagh and Beau MacMillan, Ten Speed Press; 1 edition (November 13, 2012). ISBN: 1607742470