



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Better than Take-Out! Shrimp Fried Rice

You're just getting off work and as you are walking to your car to start the drive home, you ask yourself, "What's for Dinner?" Not having any idea of what to cook and wondering if there is anything to quickly throw together that would satisfy the family causes you to just use the speed-dial for take-out. If your family's favorite take-out places know your orders by heart, you may want to evaluate how frequently you are relying on this habit and its potential for excessive calories in your family's diet.

According to a study conducted on 9,000 adults by Johns Hopkins University, adults who cooked most meals at home consumed about 184 calories less a day than those that didn't. The average sized adult would need to walk for about 30 minutes to burn this number of calories. The habit of cooking at home seems pretty efficient at "burning" calories, when you look at it this way. Over the course of a year, just think about how many calories you could save (burn) by cooking more meals at home! If you want to meet your weight goals, you also need to do the "work" in your kitchen.

An analysis conducted on food ordered at 19 restaurant chains by the University of Toronto showed that the average meal contained 1,128 calories, which is more than half a day's worth of calories for most Americans. This is because foods prepared away from home tend to contain more fats and sugars and are served in larger volumes. For example, an order of just shrimp fried rice contains, on average, 1,110-1,400 calories.

By using the recipe featured in this meal to prepare shrimp fried rice at home, you can cut the number of calories by more than half while increasing the amount of lean protein and vegetables for a fraction of the cost of take-out! Consider doubling the amount of rice and freezing half of it to be used at a later time for a quick stir-fry!

Just remember, cooking nutritious meals at home doesn't have to be fancy or expensive! It can be fun, quick, and easy! Aim to cook at least 5-6 of your dinner meals at home while packing your lunch most days. Use these tips to help you:

- *Keep it simple! Use recipes that call for 5 or less ingredients and use items and dried herbs and spices that you usually have on hand (rice, pasta, stewed tomatoes, broths, frozen and canned veggies, etc.). Knowing a few quick and nutritious recipes by heart can make any crazy day/week manageable. Double the recipes and freeze 1 batch.*
- *Choose recipes that use the same meats, like chicken breast, and then cook the amount needed for both recipes. This way you will have cooked meat at the ready to be used in a meal a couple of days later.*
- *Plan your meals for the week, make a list and go to the store at least weekly. To get you started, try using other "Thinking Outside the Box" dietician approved meal solutions. They can be found on our [Healthy Living](#) page.*



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Directions:

1. In a medium sized sauce pan, add 1 cup of uncooked long-grain rice and 2 cups of water. Cook according to package directions.
2. While the rice is cooking, crack 2 large eggs in a bowl and season with a little salt and pepper and beat well with a fork. Lightly spray a frying pan that has been heated over medium heat with cooking spray. Add the eggs and cook for about 1 minute. Flip the egg and cook the other side for 1 minute. Remove from the pan and set aside.
3. Microwave 1 ½ cup of frozen peas and carrots according to package directions. Set aside when done.
4. While the peas and carrots are cooking, quickly peel and devein 1 lb. of raw shrimp. Add 1 tbsp. of sesame oil to a pan and heat over medium heat. Add the shrimp and cook 2-3 minutes

per side. Remove from the pan and set aside.

5. Add 1 tbsp. of sesame oil to the pan and heat over medium heat. Then add 1 small, chopped onion. Cook for about 2 minutes. Then add 1 medium sliced zucchini and cook for an additional 2-3 minutes. Add the cooked rice to the pan and let the rice cook for 1 minute.
6. Cut the egg into strips add to the pan of rice. Add the cooked peas and carrots, and the cooked shrimp along with ¼ cup of low sodium soy sauce. Gently toss the ingredients allowing for the rice to cook a little on the bottom for an additional minute.
7. Serve 1/4th of the fried rice alongside a large piece of your favorite fruit, topped with a little yogurt.

Serves: 4

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#) OR VISIT [COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM](https://www.commissaries.com/healthy-living/healthy-eats.cfm).