

Instead of fried rice, substitute whole grain **Vermont Morning®**. Better nutritional, remarkable flavor!

1/2 cup frozen peas, thawed

1/2 cup mung bean sprouts rinsed, drained (**not** alfalfa sprouts which are the little thin ones)

1 egg scrambled soft

Set aside

1 cup Chicken or Shrimp or Pork chopped into ¼ - ½ inch dice

1/2 cup carrots chopped into ¼ inch dice

1/4 cup scallions sliced into 1/8 inch rounds

1/4 cup onion chopped into ½ inch dice

1 clove garlic – minced

1/4 - 1/2 teaspoon dried ginger or 1 teaspoon fresh ginger – grated (optional)

Sauté in a little butter or oil in a non-stick pan.

While sautéing, prepare **Vermont Morning®** as usual, substituting broth for water and using equal parts broth and cereal so it will be drier.

2 cups Vermont Morning multi-grain hot cereal

2 cups broth (chicken or vegetable)

Mix the cooked **Vermont Morning®** into the vegetables and meat mixture in the pan. Mix the grains and the egg, vegetables and meat, separating the grains into small bits as you continue cooking. Sauté like hash, letting some of it brown and crisp, turn it and repeat until it is cooked to your liking. Add peas and sprouts toward the end to maximize their color. Sprinkle with soy sauce to taste. Finish with a little sprinkle of sesame oil and serve.