



# Vegetable Pumpkin Fried Rice

Cook Time: 27 minutes

Servings: 4

## Ingredients

- 2 Cups Cooked Rice
- 1 Zucchini
- 1/4 Red Onion
- 1 tbsp. Parsley
- Salt to Taste
- Pepper to Taste
- 1/4 tsp. Cayenne Pepper
- 2 tbsp. Olive Oil
- 3 tbsp. Pumpkin Puree
- 4 eggs or 1 Cup Egg Whites
- 1/2 Cup Black Beans

## Instructions

1. Make Ready Rice in microwave, or make regular rice on the stove top (times will vary since I used Ready Rice in this recipe).
2. Put olive oil in pan on medium heat.
3. Chop shallot and zucchini, and add to pan.
4. Add seasonings and stir.
5. When they start to soften add cooked rice, beans, and pumpkin puree. Stir and cook until heated through.
6. Crack four (organic, free range) eggs into a bowl and scramble. Or you can use one cup of egg whites.
7. Add to pan, and mix together. Keep stirring until the eggs are cooked and everything is coated with creamy eggs.

