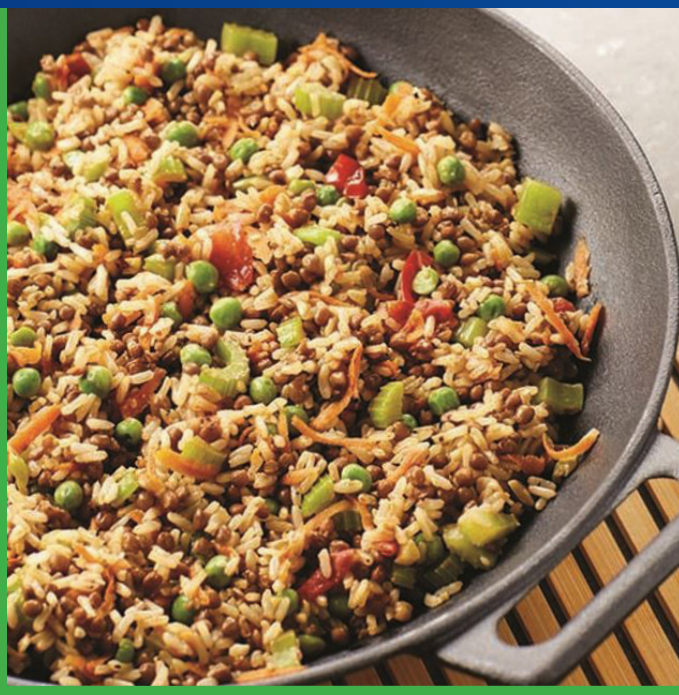
Workforce Health Kitchen: Live

Recipe of the Month:

Asian Lentil Fried Rice

Getting a healthy dinner on the table during the week can often be a challenge for a family of four on a budget. This Asian-inspired fried rice side dish can double as a meal if you add some rotisserie chicken, cooked shrimp, legumes or even tofu. It comes together in under 30 minutes using frozen and canned items. With plenty of spice, this dish is flavorful and robust.



November 11, 2026
12-12:30 p.m.

Click here or snap the QR code to Register on Webex

Password: Wellness1

November 24, 2026
4:30-5 p.m.

Click here or snap the QR code to Register on Webex

Password: Wellness1

About your instructor:



Christine Schlagenhauf, RDN, CD

Christine is a Registered Dietitian Nutritionist and coach with over 25 years of experience practicing and teaching a healthy lifestyle. She helps clients achieve their wellness goals through better eating and lifestyle modifications.

See full recipe on the next page.

Note: Participants attending as part of an employer's incentive program must individually register and join via web browser in order to receive credit for attending.

Froedtert & Medical College of Wisconsin
Workforce Health

09152026

Asian Lentil Sesame Fried Rice



Makes 4 (1 ¾ cup) Servings

Ingredients:

- 1 (15 oz.) can lentils, drained and rinsed
- 2 ½ Tbsp. soy sauce, divided
- 2 tsp. olive oil, divided
- 1 Tbsp. fresh ginger, minced or 1-2 tsp. dried
- 3 Tbsp. garlic, minced, divided
- ½ cup diced tomatoes
- ½ cup grated carrots
- 1 cup diced celery
- 1 cup frozen peas
- ¼ tsp. black pepper
- 4 cups cooked brown rice
- 1 ½ Tbsp. raw or toasted sesame seeds
- ½ Tbsp. sesame oil

Directions:

1. Place drained and rinsed lentils in a medium bowl and add 1 ½ Tbsp. soy sauce. Marinate for 5 minutes.
2. In a large pot or wok, warm 1 tsp. of the olive oil over medium heat. Add ginger and 1 ½ Tbsp. minced garlic, stirring until garlic is slightly browned. Add tomato and carrots and stir to combine. Sauté for 1-2 minutes.
3. Add celery, peas, 1 Tbsp. soy sauce, pepper and cook for 1-2 minutes. Add marinated lentils. Stir to combine. Cook 2-3 minutes on low-medium heat, stirring occasionally. Transfer to a bowl and set aside.
4. In the same pot, over low-medium heat, add 1 tsp. olive oil and 1 ½ Tbsp. minced garlic. Once oil is hot and garlic pieces begin to sizzle, add cooked rice. Stir quickly to coat the rice with oil to prevent it from sticking. Cook until heated through, about 1-2 minutes.
5. Add vegetable mixture back into pot and cook for 2-3 minutes, stirring occasionally. When entire mixture is heated through, turn off heat and mix in sesame seeds.
6. Drizzle with sesame oil.

Note: Add cooked pork, shrimp, chicken or beef to boost protein content.

Nutritional facts per 1 ¾ cup serving: *(values will be higher with additional protein)*

Calories: 299 • Fat: 6g • Sodium: 693mg • Carbohydrates: 50g • Dietary Fiber: 10g • Protein: 13g

EatRight.org

Froedtert & Medical College of Wisconsin
Workforce Health

W129 N7055 Northfield Drive, Menomonee Falls, WI 53051 • 262-253-5150 • *froedtert.com/workforce-health*

09152026