Kedgeree

Nikki & David Goldbeck's American Wholefoods Cuisine

via Sweet Posy Dreams, http://sweetposydreams.blogspot.com

2 tablespoons oil

1/4 cup chopped scallion or onion

1 tablespoon curry powder

3 cups cooked brown rice

2 cups cooked beans, drained (or 2 cans if using canned beans)

1 tablespoon lemon juice

2 tablespoons chopped pimiento

Dash soy sauce

Salt (omit if rice and beans are salted)

2 hard-cooked eggs, separated

Heat oil in a 15-inch skillet or wok. Saute scallion for 2-3 minutes to soften, add curry powder, and cook for 1 minute.

Add rice, beans, lemon juice, soy sauce and dash of salt if needed to pan and heat through, stirring to prevent sticking.

Chop and mix in the egg whites. When hot, top with crumbled egg yolk, remove from heat, and serve.