

Easy Broccoli and Rice Stir-fry

Number of servings: 4
 Preparation time: 10 minutes
 Total time: 30 minutes

Ingredients:

- ¾ cup brown rice
- 1 ½ teaspoons olive oil
- 1 cup broccoli florets
- ½ cup onion, diced
- 1 egg, beaten
- 1 tablespoon reduced sodium soy sauce
- 1/8 teaspoon black pepper

Equipment Needed:

- Cutting board
- Knife
- Large non-stick skillet
- Wooden spoon
- Measuring spoons and cup

Directions

- In a saucepan, bring 3 cups water to a boil. Stir in rice. Reduce heat, cover, and simmer for 20 minutes.
- Heat oil in a large skillet over medium heat. Sauté broccoli and onions until broccoli is tender but still firm. Remove from skillet. Scramble egg; return broccoli mixture to pan. Stir in cooked rice, soy sauce, salt and pepper.



**Experiment with
 adding a variety of
 vegetables to this
 recipe!**

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Nutrition Facts

Serving Size: 1 cup	
Recipe makes 4 servings	
Calories 187	
Calories from Fat 36	
Amount Per Serving	%DV
Total Fat 4g	6%
Saturated Fat 0.8g	4%
Monounsaturated Fat 2g	
Trans Fat 0g	
Cholesterol 46.5mg	16%
Sodium 186 mg	8%
Potassium 276 mg	8%
Total Carbohydrate 32g	11%
Dietary Fiber 2.8g	11%
Protein 6g	12%
Vitamin A	7%
Vitamin C	70%

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