

Fried Rice

Ingredients:

Vegetable cooking spray
 2 cups frozen mixed vegetables,
 such as carrots, celery,
 onions, peas, corn, broccoli or
 other leftovers
 1 tablespoon low sodium soy
 sauce
 1 1/2 teaspoons garlic powder
 1 1/2 teaspoons onion powder
 2 cups brown rice, cooked, cold
 1 each egg, beaten

Equipment:

Non-stick skillet
 Spatula
 Measuring cups
 Measuring spoons

Number of Servings: 4
 Prep Time: 15 minutes
 Total time: 15 minutes

Directions

1. Spray non stick skillet with cooking spray. Stir fry vegetables in pan until tender.
2. Add soy sauce, onion, and garlic powder. Stir.
3. Add cooked rice and stir until thoroughly heated.
4. Push rice to sides of pan, making a hole in the center. Drop egg into center and scramble.
5. Stir in rice and vegetable mixture.

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Nutrition Facts

Serving Size: 1 cup
 Servings: 4

Amount Per Serving

Calories 180 Calories from Fat 18

%Daily Value*

Total Fat 2g	3%
Saturated Fat 2g	3%
Cholesterol 53mg	18%
Sodium 320mg	13%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	13%
Protein 8g	15%

Vitamin A	94%	Vitamin C	5%
Iron	8%	Calcium	4%

*Percent Daily Values are based on a 2,000 calorie diet.

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