

Eat Smart • Move More

Fried Rice

Prep Time: 30 minutes

Total Time: 40 minutes



Ingredients

- 1 tablespoon canola oil
- 1 pound frozen mixed vegetables
- 2 cups cooked brown rice
- 1 tablespoon less sodium soy sauce
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons onion powder
- 1 egg, beaten

Nutrition Facts

4 servings per container

Serving size 1 serving
(120.6g)

Amount per serving
Calories 210

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 210mg 9%

Total Carbohydrate 32g 12%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes g of Added Sugars

Protein 7g

Vitamin D 0mcg 0%

Calcium 38mg 2%

Iron 1mg 8%

Potassium 285mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oil in a skillet (or wok) on medium heat.
- Add vegetables to skillet and cook until tender, stirring occasionally.
- Add rice, soy sauce, garlic powder, and onion powder to vegetables and mix well. Cook until rice is fully reheated.
- Push rice mixture to sides of pan, making a hole in the center. Pour egg into center of skillet and scramble, continuing to stir until almost done.
- Mix the egg through the rice mixture. Continue to stir mixture until the egg is fully cooked.

Quick Tips

- ▶ Fresh vegetables can be substituted for frozen vegetables.
- ▶ Try adding fresh cilantro, parsley, or grated ginger to flavor this meal.
- ▶ Add cooked and diced chicken or pork or cubed tofu to make into a main dish.

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(Recipe adapted from: <https://www.culinaryhill.com>.)

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