

# 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	
<b>Serving size</b>	<b>1 serving</b>
	<b>(120.6g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 0g	
Includes g of Added Sugars	
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 38mg	<b>2%</b>
Iron 1mg	<b>8%</b>
Potassium 285mg	<b>6%</b>

\*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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