

Eat Smart • Move More

Egg, Broccoli, and Rice Stir-fry

Prep Time: 10 minutes

Total Time: 30 minutes



Ingredients

- 2 cups water
- 1 cup brown rice
- 1 ½ teaspoons olive oil
- 1 broccoli stalk, chopped
- ½ onion, diced
- 1 egg, beaten
- 1 tablespoon less sodium soy sauce
- ¼ teaspoon ground black pepper

Nutrition Facts

4 servings per container
Serving size **1 serving**
(233.98g)

Amount per serving
Calories **220**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 150mg **7%**

Total Carbohydrate 40g **15%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes g of Added Sugars

Protein 7g

Vitamin D 0mcg **0%**

Calcium 37mg **2%**

Iron 1mg **6%**

Potassium 391mg **8%**

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

Directions

- In a saucepan, bring water to a boil. Cook rice according to package directions.
- Heat oil in a skillet over medium heat. Sauté broccoli and onion until tender, but still firm. Remove from skillet.
- In the skillet, scramble egg until set. Return broccoli and onion mixture to pan. Stir in cooked rice, soy sauce, and pepper until combined and heated through.

Quick Tips

- ▶ Add your family's favorite vegetables to customize recipe to your tastes.
- ▶ Use leftover rice to save time on busy evenings.
- ▶ For a heartier meal, add diced chicken, thin slices of lean beef, or edamame for more protein.

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(Recipe from Pennsylvania Nutrition Education Network Website Recipes, as listed at: <https://www.whatscooking.fns.usda.gov>.)

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