

Eat Smart • Move More

Salteado de Huevo, Brócoli y Arroz

Tiempo de Preparación: 10 minutos

Tiempo Total: 30 minutos



Ingredientes

- 2 tazas de agua
- 1 taza de arroz integral
- 1 ½ cucharadita de aceite de oliva
- 1 tallo de brócoli, picado
- ½ cebolla, en dados
- 1 huevo, batido
- 1 cucharada de salsa de soja, con menos sodio
- ¼ cucharadita de pimienta negra molida

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%
<i>Trans</i> 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.

Consejos Rápidos

- ▶ Agregue los vegetales favoritos de su familia para personalizar esta receta con sus gustos.
- ▶ Utilice sobras de arroz para ahorrar tiempo en tardes ocupadas.
- ▶ Para una comida más contundente, agregue pollo en dados, rodajas finas de carne de vaca o edamame para más proteína.

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Preparación

- En una cacerola, llevar el agua a un hervor. Cocinar el arroz de acuerdo a las instrucciones del paquete.
- Calentar el aceite en una sartén sobre calor medio. Saltear el brócoli y la cebolla hasta que estén blandos, pero aún firmes. Remover de la sartén.
- En una sartén, revolver el huevo hasta que se cocine. Devolver la mezcla del brócoli y cebolla a la sartén. Agregar el arroz cocido, la salsa de soja y la pimienta, combinarlos bien y calentar.

(Receta de Pennsylvania Nutrition Education Network Website Recipes, listada en <https://www.whatscooking.fns.usda.gov>)

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