



Vegetable Fried Rice

Servings 6 | Prep time 15 mins. | Total time 30 mins.

Equipment: Cutting board, Large frying pan, Small plate or bowl to hold scrambled eggs

Utensils: Knife, Measuring spoons and cups, Spatula

Ingredients

2 tablespoons olive or vegetable oil, divided
2 eggs, whisked
1 small white onion, diced
2 cups frozen peas and carrots
1 tablespoon garlic powder (optional)
4 cups cooked and chilled brown rice
3 green onions, thinly sliced (optional)
3-4 tablespoons low sodium soy sauce
1 8 ounce can sliced water chestnuts or 1 14.5 ounce can baby corn, drained and rinsed

Instructions

1. Before you begin wash your hands, surfaces, utensils, vegetables, and tops of cans.
2. Heat 1 tablespoon of oil in a large frying pan over medium-high heat. Add eggs, and cook until scrambled, stirring occasionally. Remove eggs, and transfer to a separate plate.
3. Add the remaining tablespoon of oil to the pan. Add onion, carrots, peas, and garlic powder (if using). Cook for 5 minutes, stirring occasionally or until the carrots have softened.
4. Increase heat to high, add the rice, green onions, and soy sauce and stir until combined. Continue stirring for an additional 3 minutes. Add eggs and water chestnuts or baby corn and stir to combine. Remove from heat.

Nutritional Information:

Calories 280
Total Fat 8g
Sodium 350mg
Total Carbs 45g
Protein 8g