



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 (heat resistant)

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, and vegetables.
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 an additional 1 tablespoon oil to the pan with, onion, carrots and peas and garlic powder (if using). Stir for about 5 minutes or until the onion and carrots are soft.
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