



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 oil OR vegetable oil, divided
2 eggs, whisked
1 small white onion, diced
2 cups frozen peas and carrots
3 cloves garlic, minced OR 1 tablespoon garlic powder
4 cups brown rice, cooked and cooled
3 green onions, thinly sliced (optional)
3 1/2 tablespoons lite soy sauce
1 8 ounce can sliced water chestnuts, drained
OR 1 14.5 ounce can baby corn, drained and rinsed

Nutritional Information:

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

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
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 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. Stir to combine, then remove from heat.