

RECIPE

Healthy Fried Rice

Makes 4 servings, Serving Size 1 1/2 cups



INGREDIENTS

- 3 eggs lightly beaten
 - 1 tablespoon oil (canola or vegetable)
 - 1/2 cup onion, chopped
 - 2 cloves garlic, minced, or 1/2 teaspoon garlic powder
 - 3 cups brown rice, cooked
 - 2 cups vegetables (carrots, broccoli, mushrooms, peas, etc.)
 - 1 tablespoon low sodium soy sauce
 - black pepper, to taste
1. Spray a large skillet with cooking spray and place over medium heat.
 2. Pour eggs into the skillet. Cook until eggs are completely cooked (2-3 minutes). Remove eggs to a plate and set aside.
 3. Heat oil to skillet. Add onion & garlic. Cook, stirring occasionally, until onion is softened. Stir in rice, vegetables, and soy sauce. Heat through, stirring occasionally.
 4. Add back eggs and heat through. Sprinkle with pepper, before serving.

Nutrition Facts: Calories 350, Fat 9g, Saturated fat 1.5 g, Carbs 53g, Fiber 7g, Sugar 4g, Sodium 240mg, Protein 12g

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