

Vegetable Fried Rice

Whole Grains, Chinese, Low Sodium

A much healthier version of a Chinese takeout favorite, made with pantry and freezer staples.

Makes 8 servings; Serving size ½ cup

Price per serving: \$0.35

Prep Time: 2 minutes | Cook Time: 50 minutes (10 mins if using precooked rice)

4 cups of water

2 cups long grain brown rice - \$.4

2 tsp vegetable oil

16 oz frozen mixed vegetables (Asian style) - 1.99

2 tsp minced garlic

1 tbsp low-sodium soy sauce - \$.01

2 eggs

Dash hot sauce (optional)

To cook rice: Place water in a medium saucepot and bring to a boil. Stir rice into boiling water. Turn heat to low. Cover with a lid and cook on low heat for 30 minutes. At this point, begin testing to see if rice is soft and fully-cooked. If still uncooked, place lid back on pot and continue to cook. Brown rice may take up to 40 minutes to fully cook. Once done, remove lid, fluff with a fork, and place to the side to cool down.

Place 2 tsp oil in a large skillet over medium heat. Add frozen vegetables and place lid on pan. Cook for 3-5 minutes, until defrosted. Add garlic and stir to combine. Add cooked rice and soy sauce and cook for 3-4 minutes, stirring every minute.

In a small bowl, beat eggs with a whisk or fork. Shift rice and vegetable mixture to one side of pan. In empty area of pan, pour in egg mixture. Stir as egg mixture cooks to make scrambled eggs. This should take 1-2 minutes (see picture). Combine cooked eggs with rest of rice mixture. Add hot sauce if desired. Serve and enjoy!

Recommended main dish: Orange Chicken & Broccoli

This is also a great use for leftover rice!



Process of cooking egg

Nutrition Facts	
Serving Size 149 g	
Amount Per Serving	
Calories 158	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 54mg	18%
Sodium 126mg	5%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	13%
Sugars 2g	
Protein 5g	
Vitamin A 31%	Vitamin C 2%
Calcium 3%	Iron 5%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

Compare this to a serving of fried rice at a Chinese food chain, which has 530 calories, 16g of fat, and 790mg of sodium!