


Vegetable Fried Rice

 MENU IDEA: Vegetable Fried rice, Watermelon or Cantaloupe, Nonfat Milk

Ingredients:

3 eggs, lightly beaten
1 tablespoon vegetable or canola oil
½ cup chopped onion (about ½ onion)
2 cloves garlic, minced or ½ teaspoon garlic powder
3 cups cooked brown rice (instant or regular)
2 cups frozen vegetables, thawed
1 tablespoon low-sodium soy sauce
Pepper (optional)


Directions:

1. Spray a deep 12-inch skillet with cooking oil spray and place over medium heat.
2. Pour the lightly beaten eggs into the skillet; cook without stirring until eggs are completely cooked, 2 to 3 minutes. Remove the eggs to a plate and cut into strips; set aside.
3. Return the skillet to the burner and add the oil. Heat to medium high and add the onion and garlic. Cook, stirring occasionally, until onion is softened.
4. Stir in the rice, vegetables, and soy sauce. Heat through, stirring occasionally.
5. Add the egg strips and heat through. Sprinkle with pepper, if desired, before serving.

Cooking Tips

- If you don't have low-sodium soy sauce, use 1½ teaspoons regular soy sauce plus 1½ teaspoons water.
- If using large frozen vegetables, such as broccoli or green beans, cut into smaller pieces before adding to skillet.
- If desired add 1 cup cooked meat, fish, or chicken.

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