

# Fried Rice

6 - 1/2 cup servings

## Ingredients:

- 3 cups cooked brown rice
- 2 tablespoons sesame or vegetable oil
- 1 small onion, chopped
- 1 cup frozen or canned peas and carrots
- 2-3 tablespoons soy sauce (more or less to taste)
- 2 eggs, slightly beaten
- 2 tablespoons green onions, chopped



## Directions:

1. Preheat a large skillet or wok to medium heat. Add the sesame oil, onion, peas and carrots. Cook until tender.

2. Slide the onion, peas, and carrots to the side, and pour the beaten eggs onto the other side of the skillet. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.

3. Add the rice to the veggie and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until warmed through and combined.

4. Add chopped green onions if desired.

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup (178g)
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 530mg	23%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 6g</b>	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 127mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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