



Make Half Your Grains Whole



EFNEP

Expanded Food and Nutrition Education Program

Fried Rice

Makes: 6 (1 cup) servings
Preparation Time: 10 minutes
Cooking Time: 15-20 minutes

Ingredients

- 2 tablespoons vegetable oil
- 3 cups cooked brown rice, cooled
- 1 carrot, cut into 1/4-inch slices
- 1/2 bell pepper, chopped
- 1/2 cup chopped onion
- 1/2 cup chopped broccoli
- 2 tablespoon soy sauce
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon garlic powder
- 2 eggs, beaten
- 3/4 cup cooked bite size pieces of chicken

Nutrition Facts

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|-------------------------------|-----------------------------|
| Serving Size 1 cup (212g) | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 230 | Calories from Fat 70 |
| <small>% Daily Value*</small> | |
| Total Fat 8g | 12% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 85mg | 28% |
| Sodium 610mg | 25% |
| Total Carbohydrate 28g | 9% |
| Dietary Fiber 3g | 12% |
| Sugars 3g | |
| Protein 12g | |

Directions

1. Heat oil in a large skillet over medium heat.
2. Add rice and stir for 5 minutes.
3. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, salt, and garlic powder. Cook until vegetables are tender.
4. Remove mixture from pan.
5. Pour eggs into pan and scramble.
6. Put vegetable mix and rice back in the pan and mix with scrambled eggs.
7. Add chicken and cook until hot.
8. Refrigerate leftovers.

Be Creative!
Substitute any fresh, frozen or canned vegetables you like or use leftover vegetables.

Eat Smart: Vary Your Veggies!

