



Healthy Fried Rice

8 (1/2 Cup) Servings; 16 (1/4 Cup) Sample Servings

- 1 Tablespoon Olive Oil
- 2 Cups Brown Rice, Cooked (Uncle Bens Ready Brown Rice)
- 2 Cups Frozen Peas and Carrots, thawed
- 1 Onion diced
- 2 Cloves Garlic chopped
- 2 Eggs beaten
- 2 Tablespoons Low Sodium Soy Sauce

Directions:

- 1) Heat the olive oil in a skillet over medium high heat.
- 2) Add the onion and garlic and cook for 5-7 minutes until soft.
- 3) Add the cooked brown rice and cook for 5 minutes.
- 4) Add the thawed peas and carrots and cook another 5 minutes until heated through.
- 5) In a small bowl beat the eggs. Pour the eggs over the fried rice and stir to allow the eggs to cook.
- 6) Pour in the low sodium soy sauce, stir well and serve warm.

Nutritional Information: Calories, 116; carbohydrates, 16g protein, 4g; fat, 4g; saturated fat, 0g; trans fat, 0gm; cholesterol, 52mg; fiber, 1g; sodium, 196mg; calcium, 21mg; folate, 19mcg; iron, 1mg; percent calories from fat, 31%