



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 ¼-inch slices
- ½ bell pepper, chopped
- ½ cup chopped onion
- ½ cup chopped broccoli
- 2 tablespoons soy sauce
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 2 eggs, beaten
- ¾ cup cooked bite-size pieces of chicken

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, 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!



Nutrition Facts	
Serving Size 1 cup (212g)	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
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	

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