VEGETABLE FRIED RICE

SERVES 6

Preparation time: 40 minutes
Cook time: 20 minutes

INGREDIENTS

3 eggs, lightly beaten
1 tablespoon canola oil
½ cup chopped onion
2 cloves garlic, minced
3 cups cooked brown rice
2 cups peas, frozen
1 tablespoon low-sodium soy sauce
Pepper to taste (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. Scramble the eggs. Once cooked, set aside in a separate bowl.
3. Return emptied skillet to burner and add oil. Heat to medium-high and add the onion and garlic. Cook, stirring occasionally, until onion is soft.
5. Add egg to rice mixture and heat through. Sprinkle with pepper, if desired, before serving.

SIMPLY GOOD EATING

Preparation time: 40 minutes
Cook time: 20 minutes

TO ASK A HOUSEHOLD EXPERT QUESTIONS ABOUT:

• safely cooking, canning and freezing foods
• cleaning stains and mildew from homes and clothes
• floods and other household issues

IN MINNESOTA:
1-800-854-1678
Call 9AM-12PM and 1-4PM, Monday-Friday or Email ANSWER@IASTATE.EDU

www.extension.umn.edu/Nutrition

© 2011 Regents of the University of Minnesota. All rights reserved. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this material is available in alternative formats upon request. Direct requests to 612-625-8260.  Printed on recycled and recyclable paper with at least 10 percent postconsumer waste material.