



Fried Rice

Serving Size: 1 cup

Yield: 6 Servings

Ingredients:

2 tablespoons vegetable oil

3 cups cooked brown rice, cooled

1 carrot, cut into

¼-inch slices

½ bell pepper, chopped

½ cup onion, chopped

½ cup broccoli, chopped

2 tablespoons soy sauce

½ teaspoon black pepper

½ teaspoon garlic powder

2 eggs, beaten

¾ cup cooked chicken, bite size pieces



Directions:

1. Put eggs into pan and scramble.

2. Put vegetable mix and rice back in the pan. Mix with scrambled eggs.

3. Add chicken and cook until hot.

4. Refrigerate Heat oil in a large skillet over medium heat.

5. Add rice and stir for 5 minutes.

6. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender.

7. Remove mixture from pan.

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

Nutrition Facts per Serving: Calories, 230; Calories from fat, 70; Total fat, 8g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 85mg; Sodium, 610mg; Total Carbohydrate, 28g; Fiber, 3g; Protein, 12g.

Source: Eating Smart-Being Active Curriculum, USDA, Expanded Food and Nutrition Program.



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