

Vegetable fried rice



Recipe credit

Adapted from Iowa State University Extension and Outreach

About this recipe

Serves

4

Serving size

1 1/2 cups

Time to make

10 minutes preparation; 10 minutes cook time

Ingredients

- Non-stick cooking spray
- 3 eggs, lightly beaten
- 1 tablespoon vegetable oil
- 1/2 cup onion, chopped (about 1/2 onion)
- 2 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 3 cups brown rice, cooked
- 2 cups frozen vegetables
- 1 tablespoon low sodium soy sauce
- Optional: Ground black pepper

Directions

1. Spray a deep 12" skillet with cooking spray, or coat with 1/2 teaspoon vegetable oil and place over medium heat.
2. Pour the lightly beaten eggs into the skillet and stir occasionally until completely cooked (2 to 3 minutes). Remove the eggs to a plate and set aside. Clean any residue from skillet.
3. Return the skillet to the burner and add the oil. Heat to medium high and add the onion and garlic. Cook, stirring occasionally, until onion is softened.
4. Stir in the frozen vegetables and heat 1-2 minutes. Stir in the rice and soy sauce. Heat through, stirring occasionally.
5. Add the eggs and heat through. Sprinkle with pepper, if desired, before serving.

Tips and variations

1. To cook the brown rice, follow the package directions or see the Wild or Brown Rice recipe at z.umn.edu/31as.
2. Leftover rice works well in this recipe.
3. If you don't have low-sodium soy sauce, use 1 1/2 teaspoons regular soy sauce plus 1 1/2 teaspoons water.
4. If desired, add 1 cup cooked meat, fish, or chicken.
5. This meal is a great way to start having meatless meals at least once a week.

Nutritional info

Calories

350

Total fat

9 g

Saturated fat

1.5 g

Cholesterol

140 mg

Sodium

240 mg

Total carbohydrates

53 g

Dietary fiber

7 g

Protein

12 g

Total sugar

4 g

Allergens

Eggs

Soy

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