



The Kitchen at Second Harvest

Build Your Own Fried Rice!

try at home recipe

Recipe modified from FoodHero

flip to learn more!



Ingredients

- 2 Tbsp oil
- Handful of onions, garlic, or shallots, *chopped*
- 1 cup protein
- 1 cup vegetables
- 2 cups cooked grain

Directions

1. Heat oil in a big skillet over high heat.
2. When the oil is hot, turn down the heat to medium, and add a handful of chopped onions/garlic/shallots.
3. Stir in a cup of your chosen protein.
4. When the protein is cooked through and firm, add chopped vegetables. Keep stirring.
5. Add 2 cups of cold cooked whole grain, 1/2 cup of additional toppings, and a few tablespoons of sauce.
6. Stir everything until all the ingredients are heated through and steaming. Taste and adjust the seasonings. Serve hot.

Yield: 4 servings

Serving Size: ~1.5 cups



Find more recipes, free classes,
and ways to get involved!



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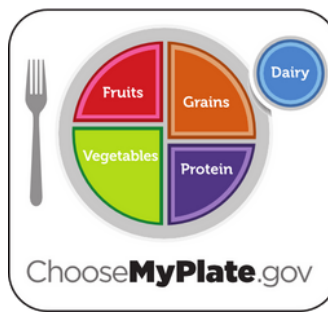


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

Ingredient Ideas

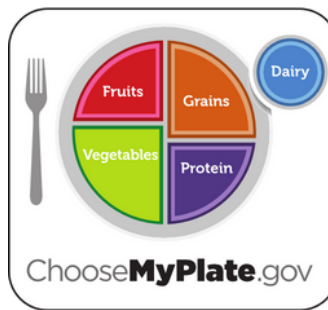
- **Protein** - peeled shrimp, chopped chicken breast, chopped ham, lean ground beef or turkey, cubed tofu, eggs.
- **Vegetables** - celery, zucchini, carrots, peas, bell peppers, broccoli or cauliflower, scallions, mushrooms, cabbage, asparagus, green beans.
- **Grains** - brown rice, quinoa, barley or farro, whole wheat couscous.
- **Topping** - roasted peanuts, walnuts, or cashews, chopped mango or pineapple, sesame seeds, crumbled bacon, shredded cheese, avocado.

Second Harvest is an equal opportunity provider.

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Nutrition Facts*

Nutrition Facts	
4 servings per container	
Serving size	1.5 cup
Amount Per Serving	
Calories	330
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0.1g	
Cholesterol 50mg	17%
Sodium 80mg	3%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.8mg	10%
Potassium 282mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Nutrition facts vary by ingredient.
Sample label created using olive oil, onion, chicken breast, peas, and brown rice.



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