



# Fried Rice With Veggies



Recipe from WSU SNAP-Ed

## Ingredients



- 2 Tbsp. vegetable oil
- 2 eggs, lightly beaten
- 1 cup peas and carrots, frozen
- 4 cups brown rice, cooked
- 2 Tbsp. soy sauce, low or reduced sodium
- 2 green onions, chopped

Yield: 4 servings  
Serving Size: 1 1/2 cups



## Directions



1. Cook brown rice according to package directions.
2. Heat a large, non-stick skillet over medium heat. Add oil to skillet; add eggs and cook until done, stirring often. Add peas and carrots, cooked rice, and soy sauce.
3. Continue cooking until heated through (about 2 minutes). Sprinkle green onions on top and serve.

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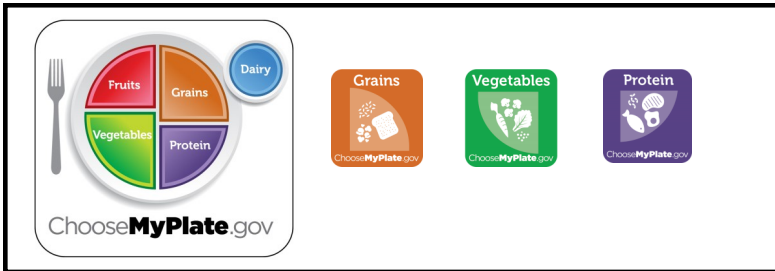
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Increase the protein by adding tofu or chicken.
- Preparing the rice without salt keeps the sodium content lower.

## Nutrition Facts



<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	1 1/2 cups
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>340</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 50g	<b>18%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 0g	
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 1mcg	4%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 230mg	4%
<small>*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.</small>	

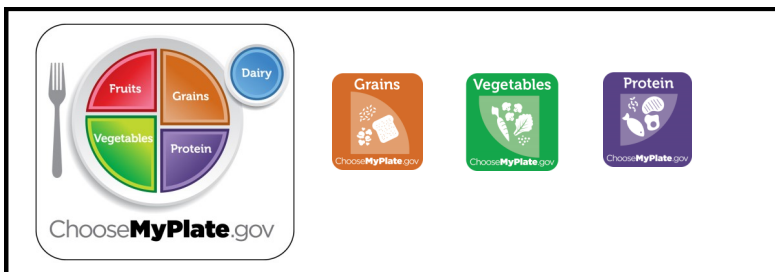
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