

Vegetable Fried Rice

Serves 4

Ingredients

- Brown rice, 1 cup (uncooked)
- Mixed vegetables, 2 cans (8 oz each), drained
- Olive oil, 3 tsp
- Onion, chopped, 1/3 cup
- Garlic, 1 clove, peeled and minced
- Eggs, 2, beaten
- Low sodium soy sauce, 2 tablespoons, divided

Preparation

Follow directions for cooking one cup of brown rice. Set aside. Heat 2 tsp oil in a medium skillet over medium heat. Stir in the onion and garlic, and cook until tender. In a medium bowl, blend eggs and 1 tablespoon soy sauce. Stir into the medium skillet, and cook until no longer runny. Remove onion, garlic, and eggs from heat, and set aside. Chop any large egg chunks into small pieces. Heat the remaining oil in a large, heavy skillet over medium heat. Stir in mixed vegetables and rice. Season with remaining soy sauce. Cook and stir 5 minutes, or until rice is heated through. Mix in the onion, garlic, and eggs.

Serve with fresh fruit

***NOTE:** Sodium level in this recipe is high because canned and packaged items are high in sodium. Current dietary guidelines for Americans recommend limiting sodium intake to <2300 mg per day, or <1500 mg per day if you are >51 years of age, African American, have high blood pressure, Diabetes Mellitus, or Chronic Kidney Disease. Try to use low-sodium canned and packaged items whenever possible.*



Nutrition Information
<i>Per serving</i>
Calories: 252.8
Fat: 3.3 g
Saturated Fat: .94 g
Protein: 8.9 g
Carbohydrate: 46.2 g
Fiber: 4.8 g
Sugars: 2.6 g
Cholesterol: 81.9 mg
Sodium: 656.8 mg
Iron: 2.3 mg
Potassium: 308.6 mg

