

# Veggie Fried Brown Rice

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*Yield: about 6 serving; 1&1/2 cups is one serving*

## INGREDIENTS

3 tbsp. vegetable oil, divided  
2 large eggs, lightly beaten  
2 carrots, peeled and diced  
1 medium onion, diced  
1 cup frozen peas  
1 cup shredded cabbage or greens  
3 green onions, chopped  
4 cups cold cooked brown rice\*  
3 tbsp. low-sodium soy sauce  
½ tsp. salt  
Freshly ground pepper, to taste  
Hot sauce, to taste

*\*Cold rice is best for fried rice. You can use fresh rice but the end result will be stickier. This is a good recipe to use the leftovers in your fridge so feel free to add in other vegetables such as diced green beans, broccoli, peppers or celery. You might also add cooked chicken or ground pork, diced ham, peanuts or cashews to add more protein to this recipe.*

## DIRECTIONS

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Once the pan is hot, add the eggs. Cook, stirring until they are lightly scrambled but not dry. Transfer the eggs to a plate and set aside. Wipe out the pan and return to the heat.

Add the remaining 2 tablespoons of oil to the pan. Add the carrots and onion to the pan. Cook, stirring occasionally, until the veggies are slightly tender, about 5 minutes. Stir in the peas, cabbage or greens, and green onions. Cook briefly, about 1 minute. Add the rice to the pan and stir, breaking up the clumps. Stir in the soy sauce, salt, and pepper to taste. Continue to cook, stirring occasionally, until completely warmed through. Stir in the eggs. Serve immediately.

## NUTRITIONAL FACTS PER SERVING

Calories: 587	Dietary Fiber: 7g
Total Fat: 12g	Protein: 14g
Cholesterol: 62mg	
Sodium: 507mg	
Carbohydrates: 105g	