

FRIED RICE WITH MIXED VEGETABLES

Fried rice can be a simple staple to your dinner time rotation. This recipe uses canned mixed vegetables in order to make prepping a breeze. Fried rice typically works best with leftover, chilled rice. Try cooking a fresh rice meal a few days earlier and use the leftovers to make this recipe!

Yield: 2 portions

Ingredients:

- 3 cloves **garlic**
- 1 medium **onion**
- 1 can mixed **vegetables** (low sodium preferred)
- 2 large **eggs**
- 2 Tbsp **canola oil**
- 2 cups **cooked rice** (best if cooked the night before & chilled in fridge)
- 1 Tbsp **soy sauce**
- **Sesame seeds** (optional) to taste

Instructions:

1. Peel and mince garlic and set aside. Peel and dice or chop the onion and set aside.
2. Open and strain the can of mixed vegetables. Gently rinse with cool, running water then set aside.
3. Crack open both eggs in a bowl and whisk thoroughly.
4. Heat a large pan with 2 Tbsp of oil over medium heat; sauté the onions first, letting them caramelize, then add in the garlic and sauté until fragrant, about 1 minute.
5. Add the chilled, cooked rice to the pan and use a wooden spoon to quickly break apart the rice. Next, add eggs. Stir the rice and onion/garlic mixture while the eggs cook. Continue cooking until all of the eggs are cooked and the rice is even heated and broken apart.
6. Add in the mixed veggies, stir to combine, then add soy sauce and cook for another 2 – 5 minutes.
7. Dish out two even portion of fried rice with veggies and serve warm.

Chef's Note: A sprinkling of sesame seeds on top of each bowl of fried rice is optional but will add great texture and an authentic flavor to the dish.

Per Serving: Calories 919kcal, Carbohydrates 84.8g, Protein 26.3g, Saturated Fat 7.8g, Sodium 322.3mg, Fiber 12.4g, Sugars 5.4g

This recipe is by Ashley Patel, MS NDTR and Dietetic Intern