

Fried Rice

Serving Size: 1 cup

Number of Servings: 3

Cook Time: 10 minutes

INGREDIENTS

1. Brown Rice – 2 cups, cooked
2. Peas & Carrots – 1 cup, frozen
3. Red Onion – 2 tablespoons
4. Garlic – 1 tablespoon
5. Eggs – 2 medium
6. **Low Sodium** Soy Sauce – 2 tablespoons
7. Sesame Oil – 1 tablespoon
8. Rice Vinegar – 1 tablespoon



DIRECTIONS

1. Cook instant brown rice in the microwave for 7 minutes (or follow instructions on package). Use a microwave safe bowl, and cover with paper plate or thin towel.
2. Take bowl of cooked rice and top with frozen peas and carrots and chopped red onion.
3. Cook rice/vegetable mix in microwave for 1 minute (be sure to cover the microwave-safe bowl with a paper plate before cooking). After cooking, stir, then cook for another minute.
4. *******In a separate bowl, crack eggs. Beat together. Cook for 45 seconds, stir, and cook again for 45 seconds. **(also a good way to make regular scrambled eggs!)**
5. Combine garlic, soy sauce, rice vinegar, and sesame oil to make a sauce mix.
6. After rice/vegetable mix is done, add the cooked egg and sauce mix.
7. Stir and enjoy!

Recipe adapted from fitmencook.com

RECIPE COST	
Total Cost*	\$12.29
Cost per Recipe	\$2.87
Cost per Serving	\$0.96
*assuming you don't have any of the listed items	

NUTRITION FACTS	
Serving	1 cup
Calories	270
Fat	9 g
Saturated Fat	2 g
Sodium	470 mg
Carbohydrate	38 g
Fiber	4 g
Sugar	< 1 g
Protein	10g

NUTRITION COMPARISON

	Fried Rice	Walmart Steamfresh Fried Rice	Panda Express Fried Rice	Kroger Tai Pei Fried Rice
Serving	1 cup	1 bag	1 cup	1 bowl
Calories	270	520	520	520
Fat	9 g	8 g	16 g	13 g
Saturated Fat	2 g	1.5 g	3 g	1 g
Sodium	470 mg	890 mg	850 mg	740 mg
Carbohydrate	38 g	96 g	85 g	80 g
Sugar	<1 g	8 g	3 g	8 g
Fiber	4 g	4 g	1 g	4 g
Protein	10 g	11 g	11 g	19 g