

Fried Rice

Makes: 6 Servings

Ingredients

2 tablespoons vegetable oil
3 cups cooked brown rice
1 carrot (cut into 1/4-inch slices)
1/2 bell pepper (chopped)
1/2 cup chopped onion
1/2 cup chopped broccoli
2 tablespoons soy sauce, low-sodium
1/2 teaspoon black pepper
1 teaspoon garlic powder
2 medium eggs, beaten
3/4 cup cooked bite-size pieces of chicken

Directions

1. Heat oil in a large skillet over medium heat.
2. Add rice and stir for 5 minutes.
3. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender.
4. Remove mixture from pan.
5. Pour eggs into pan and scramble.
6. Put vegetable mix and rice back in the pan and mix with scrambled eggs.
7. Add chicken and cook until hot.

Total Cost: \$4.97

Serving Cost: \$0.83

Source: Colorado State University and University of California at Davis. Eating Smart Being Active Recipes



Nutrition Facts	
6 servings per container	
Serving size	(183g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 310mg	13%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 260mg	6%

*The % Daily Value 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.

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