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

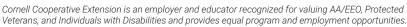
- 1. Heat oil in a large skillet over medium heat.
- 2. Add rice and stir for 5 minutes.
- 3. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender.
- 4. Remove mixture from pan.
- 5. Pour eggs into pan and scramble.
- 6. Put vegetable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

Serving size	(183g
Amount per serving	220
Calories	
	aily 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.