

Egg Fried Rice

Egg fried rice uses pre-cooked rice that becomes stir fried in a wok or frying pan with seasonings and eggs. This recipe is made with olive oil, rich in heart healthy fats and frozen mixed vegetables which provide color, extra fiber and nutrients. For an added boost of protein, try adding chicken, shrimp, beef or pork to step 3. This is a recipe your family will love!

Yield: 3 servings

Serving Size: 1 cup

Ingredients:

- 3 cups, cooked white rice
- 1 1/2 cups mixed frozen vegetables
- 2 eggs
- 1 1/2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 green onion, finely chopped
- light soy sauce, to taste
- 1 teaspoon sesame oil
- 1/4 teaspoon salt
- 1 pinch ground white pepper

Instructions:

1. Heat wok or large frying pan to high and add 1 tablespoon of olive oil. Swirl the wok around to coat it with the oil.
2. Whisk eggs in a small bowl and add to the hot pan. Once the eggs set at the bottom, use a spatula to scramble eggs into small pieces. Transfer into a bowl and set aside.
3. Place the wok back on the stove. Add the rest of the olive oil to the wok. Fry the garlic until fragrant, then add rice, breaking up the rice grains with the spatula to prevent any clumps. Stir-fry rice until it is extremely hot.
4. Add the mixed frozen vegetables after the rice turns a golden color.
5. Pour the eggs back into the wok, along with the scallions. Mix until all ingredients are heated thoroughly.
6. Season with light soy sauce, sesame oil, salt, and white pepper.

Chef's Tip: Saute 8 ounces of sliced chicken, shrimp, beef or pork after adding olive oil in Step 3. When meat is fully cooked, remove from pan and set aside. Continue with recipe.

Per Serving: Calories 421 kcal, Carbohydrates 66.5 g, Protein 11.6 g, Sat Fat 2.3 g, Sodium 127.4 mg Added sugars: 0g