

Fried Rice

2 Tbsp. vegetable oil
3 cups brown rice (cooked)
1 carrot (cut into ¼-inch slices)
½ cup bell pepper (chopped)
½ cup onion (chopped)
½ cup broccoli (chopped)
2 Tbsp. low-sodium soy sauce
½ tsp. black pepper
1 tsp. garlic powder
2 medium eggs (beaten)
¾ cup chicken (cooked, chopped)

PREPARATIONS

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. Serve warm.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	203
Total Fat	7
Protein	9 g
Carbohydrates	26 g
Dietary Fiber	3 g
Saturated Fat	1 g
Sodium	269 mg
Total Sugars	2 g

Source: USDA