

Recipe of the Month – April 2023

Vegetable Fried Rice

Serves: 4

Serving Size: 1 1/2 cups

Cost per Serving: \$1.01

Ingredients:

- 3 eggs (lightly beaten)
- 2 tablespoons oil (canola or vegetable)
- 1/2 cup onion, chopped
- 2 cloves garlic, minced (or 1/2 teaspoon garlic powder)
- 3 cups brown rice, cooked (cooked and cooled)
- 2 cups frozen vegetables, thawed
- 2 tablespoons low sodium soy sauce



Directions:

1. Heat a large skillet over medium heat. Spray with nonstick cooking spray. Add eggs. Cook and stir for 3 minutes or until eggs are firm. Set eggs aside on a plate.
2. Add the oil to the skillet. Heat over medium heat. Add onion and garlic. Cook and stir for 3 minutes.
3. Stir in the rice, vegetables, and soy sauce. Cook and stir for 3 minutes or until heated through. Stir in eggs.

Tips:

- If desired add 1 cup cooked meat, fish, chicken or tofu.

Nutrition Facts per Serving: 350 calories, 12g total Fat (2g sat. fat),
140mg. Cholesterol, 380mg Sodium, 49g Carbohydrates, 7g Fiber, 4g Sugar, 12g Protein

*Recipe compliments of Iowa State University Extension and
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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension

1000 Locust Street, PO Box 670
Owensville, OH 45160
Phone: 513-732-7070