



# Vegetable Fried Rice

Prep time: 10 min  
Cook time: 30 min  
Makes ~6 cups

## INGREDIENTS

- Nonstick cooking spray
- 3 eggs, lightly beaten
- 1 Tablespoon oil
- 1/2 cup chopped onion
- 1/2 teaspoon garlic powder
- 2 cups brown rice, cooked (instant or regular)
- 3 cups frozen vegetables, thawed
- 1 Tablespoon low sodium soy sauce
- Ground black pepper (optional)

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Spray a deep 12" skillet with cooking spray and place over medium heat.
2. Pour the lightly beaten eggs in the skillet. Cook without stirring until the eggs are completely cooked (2-3 minutes).
3. Remove the eggs to a plate and cut into strips. Set aside.
4. Return the skillet to the burner and add the oil. Heat to medium high and add the onion and garlic. Cook, stirring occasionally, until the onion is softened.
5. Stir in the rice, vegetables, and soy sauce. Heat through, stirring occasionally.
6. Add the egg strips and heat through. Sprinkle with pepper, if desired, before serving.

The key to making **fried rice** is using rice that has been previously cooked. Day-old rice is good but it is best if using two to three day-old rice. Rub the rice between your fingers to get rid of any clumps before cooking. The dish came from China. In many parts of China rice is eaten daily.