

Stir Fried Rice

Serving Size: 1/9 of recipe

Serves: 9

Ingredients

3 cups low sodium vegetable broth
1½ cups uncooked long grain brown rice
1 teaspoon peanut oil

3 tablespoons peanut oil
1 medium onion, diced
1 cup frozen peas and carrots, thawed and drained
1 tablespoon minced fresh ginger root
1 clove garlic, minced
3 tablespoons reduced sodium soy sauce
2 eggs, beaten
Pinch of black pepper to taste

Directions

1. In a saucepan combine broth, rice and oil. Bring to a boil; Stir once. Cover, reduce heat to low and simmer for 50 minutes, or until all liquid is absorbed.
2. Meanwhile, heat peanut oil in a large skillet or wok over medium-high heat. Add the onion, ginger and garlic and stir-fry for 2 minutes, or until the onions are tender but crisp.
3. Stir in the peas and carrots.
4. Add the eggs and stir-fry about 1 minute until the egg is cooked.
5. Stir in soy-sauce and the cooked rice and stir fry until warm, about 30 seconds.

Exchanges per serving:

2 Starches, 1Fat

Nutrients per serving:

Calories: 197

Calories from fat: 62

Total Fat: 7g

Cholesterol: 41mg

Sodium: 253mg

Total Carbohydrate: 29g

Dietary Fiber: 2g

Protein: 5g