

Vegetable-Loaded Fried Rice

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Servings: 4

2 tablespoons canola oil
2 teaspoons sesame oil
1/4 small (3 tablespoons) onion, chopped
1 teaspoon fresh ginger, peeled and minced
1 clove garlic, minced
3 cups cooked brown rice
3 eggs, lightly beaten
3 tablespoons low-sodium soy sauce (or to taste)
2 cups (total) vegetables, see notes for options
sriracha (to taste) (optional)
chopped cilantro (for garnish)

In a large skillet over medium heat, warm the oils. Add the onion, ginger and garlic. Cook until the onion is slightly softened, about 1 minute.

Turn the heat to medium-high. Add the rice. Spread in an even layer. Cook about 1 minute, stirring halfway through. Push the rice to the perimeter of the pan. Add the eggs to the center, scrambling with a spoon and gradually pulling the rice into the eggs as they cook. Stir in the soy sauce. Cook for 1 more minute.

Add the vegetables. Cook until heated through, about 1 minute.

Drizzle with sriracha, if desired. Sprinkle with cilantro.

Start to Finish Time: 30 minutes

VEGETABLE OPTIONS:

shredded red cabbage, chopped bell pepper, peas, cooked broccoli, choipped shelled edamame, chopped snapped peas, chopped carrots, corn or cooked zucchini.

Per Serving (excluding unknown items): 311 Calories; 14g Fat (40.9% calories from fat); 9g Protein; 37g Carbohydrate; 3g Dietary Fiber; 159mg Cholesterol; 504mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.

Side Dishes, Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	311	Vitamin B6 (mg):	.3mg
% Calories from Fat:	40.9%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	47.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	11.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	14g	Folacin (mcg):	27mcg
Saturated Fat (g):	2g	Niacin (mg):	2mg

Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 159mg
Carbohydrate (g): 37g
Dietary Fiber (g): 3g
Protein (g): 9g
Sodium (mg): 504mg
Potassium (mg): 153mg
Calcium (mg): 39mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 183IU
Vitamin A (r.e.): 52 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 2
Lean Meat: 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 311 **Calories from Fat:** 127

% Daily Values*

Total Fat	14g	22%
Saturated Fat	2g	11%
Cholesterol	159mg	53%
Sodium	504mg	21%
Total Carbohydrates	37g	12%
Dietary Fiber	3g	11%
Protein	9g	
Vitamin A		4%
Vitamin C		1%
Calcium		4%
Iron		10%

* Percent Daily Values are based on a 2000 calorie diet.