Easy vegetable fried rice
RECIPE

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COOK TIME 10 min
PREP TIME 5 min
MAKES 4 servings

Believe us when we say this fried rice is better than takeout. Brown rice, fresh veggies, soy sauce and sesame seeds take your taste buds on a journey—without ever having to leave home.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Long Grain Brown Rice or other SEEDS OF CHANGE™ rice and grains product
- 1 ½ Tbsp. cooking oil
- 1 green onion, thinly sliced
- 4 cups fresh or frozen chopped mixed vegetables
- 2 large eggs
- 1 ½ Tbsp. lower sodium soy sauce
- 2 Tbsp. sesame seeds

DIRECTIONS

1. Heat a large non-stick skillet over high heat. Add vegetable oil and vegetables, cook for about 2 minutes or until vegetables just begin to soften.
2. Massage pouch of rice to loosen the grains and add to the pan with vegetables. Cook and stir vegetables and rice for 2 minutes more.
3. Make a space in the center of the pan and crack the eggs directly into pan. Using your cooking spoon or spatula, stir quickly to scramble the egg. Stir to combine scrambled egg with rice and mix in soy sauce.
4. Serve fried rice topped with sesame seeds and scallions.

NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	450
Total Fat	19g
Saturated Fat	3g
Trans Fat	0g
Total Fat % DV	24%
Saturated Fat % DV	15%
Trans Fat % DV	0%
Cholesterol	185mg
Cholesterol % DV	62%
Sodium	550mg
Sodium % DV	24%
Total Carbohydrate	56g
Dietary Fiber	1g
Sugars	5g
Total Carbohydrates % DV	20%
Dietary Fiber % DV	4%
Protein	15g

You might also love...

Beet & whole grain salad with arugula & pistachios

Cook time

25 min

Prep time

15 min

Fabulous fried rice

Cook time

6 min

Prep time

30 min

Rainbow fried rice

Cook time

25 min

Prep time

10 min

Grilled shrimp gumbo rice salad

Cook time

15 min

Prep time

20 min

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