

Veggie Fried Rice

Enjoy this lightened up version of a takeout favorite which can be modified with different vegetables or added protein like chicken, shrimp or tofu.

| YIELD | PREP TIME | TOTAL TIME |
|------------|-----------|------------|
| 6 SERVINGS | 10 MIN | 30 MIN |

INGREDIENTS

| | |
|----------|---|
| 2 Tbsp | Toasted Sesame Oil |
| ½ each | Onion, diced |
| 4 cloves | Garlic, minced |
| 1 cup | Frozen Peas and Carrots |
| 4 each | Eggs, large, scrambled |
| 12 oz | Frozen Cauliflower Rice (1 bag), microwaved according to the package directions |
| 10 oz | Frozen White Rice (1 bag), microwaved according to the package directions |
| 2 Tbsp | Soy Sauce, low-sodium |
| 1 tsp | Ginger, ground |
| 1 Tbsp | Sriracha |
| 3 stalks | Green Onions, chopped |

CHEF'S NOTES

This recipe uses frozen cauliflower rice to keep the dish quick and easy, but you can also make your own from fresh cauliflower – simply chop finely or run in a food processor until it resembles the size of rice grains. You can also use any precooked rice including leftovers or a microwave pouch.

Combining cauliflower rice with white rice allows you to enjoy your favorite rice-based dishes while helping to lower the total amount of carbs and adding more fiber to your meal.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large nonstick skillet over medium heat and once hot, add the sesame oil and then the onion. Sauté until translucent and lightly browned, about 2 - 3 minutes.
3. Add the garlic and cook until fragrant, about 30 seconds – 1 minute.
4. Add the peas & carrots and cook until lightly browned, about 3 -4 minutes.
5. Move the vegetables to one side of the pan, then add the eggs and scramble, stirring with a rubber spatula for about 2 minutes, until set.
6. Add the microwaved cauliflower rice and white rice, mixing everything to combine evenly.
7. Add the soy sauce, ground ginger, and sriracha and stir to combine.
8. Top with the chopped green onion and enjoy!

Nutrition Facts

6 servings per container

Serving size 1 cup (199g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 125mg 42%

Sodium 320mg 14%

Total Carbohydrate 24g 9%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 8g 16%

Vitamin D 0.7mcg 4%

Calcium 60mg 4%

Iron 1.2mg 6%

Potassium 190mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: EGG, WHEAT, SOY, SESAME



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