

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	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
3 Tbsp	Soy Sauce, low-sodium
1 ½ tsp	Ginger, ground
1 Tbsp	Sriracha
5 stalks	Green Onions, chopped

CHEF'S NOTES

This recipe uses frozen cauliflower rice, 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 from a microwave pouch.

Combining cauliflower rice with white rice helps to lower the total amount of carbs while not cutting down on the volume of the serving size or cutting out rice completely.

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 (202 g)

Amount per serving

Calories 190

% Daily Value *

Total Fat 8g 10%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 125mg 41%

Sodium 490mg 21%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 9%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 8g 16%

Vitamin D 0.68mcg 3%

Calcium 40mg 3%

Iron 2mg 10%

Potassium 200mg 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.

