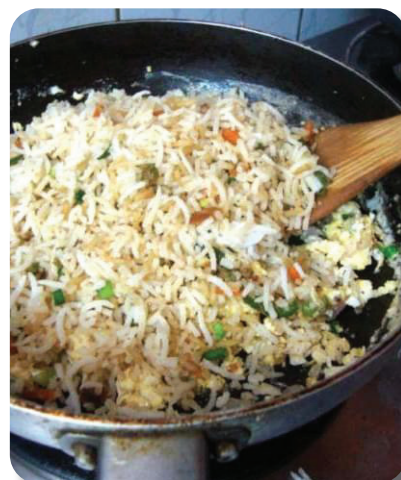


Fried Rice

Serves 6, 2/3 cup per serving

Ingredients

- 1 cup sliced green onions
- 2 Tablespoons canola oil
- 2 eggs, beaten
- 3 cups cooked rice, brown or white (see cooking steps page X-X)
- 2 Tablespoons soy sauce



Directions

1. Cook green onions in oil in a pan or electric skillet until tender. Add eggs and cook until a scrambled egg consistency.
2. Add rice and soy sauce and cook, stirring constantly, until rice is heated.

Variation:

Make it a Main Dish – toss in and heat pieces of cooked meat (pork chops, chicken, beef, or shrimp) or tofu.

Add Veggies – add Vegetable Mix or a bag of frozen vegetables.

Nutrition Facts

Serving Size 2/3 cup (140.37g)
Servings Per Container 6

Amount Per Serving

Calories 180 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 60mg **21%**

Sodium 410mg **17%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **9%**

Sugars <1g

Protein 5g **10%**

Vitamin A 6% • Vitamin C 6%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.