Vegetable Fried Rice

Sandra Clarke
Iowa State University

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Vegetable Fried Rice

**INGREDIENTS:**
- 3 eggs, lightly beaten
- 1 tablespoon vegetable or canola oil
- ½ cup chopped onion
- 2 cloves minced garlic, or ½ teaspoon garlic powder
- 3 cups cooked brown rice (I microwave a bag of frozen brown rice)
- 2 cups frozen vegetables, thawed
- 1 tablespoon low-sodium soy sauce
- Black pepper

**DIRECTIONS:** Spray a deep 12” skillet with cooking oil spray and place over medium heat. Pour the lightly beaten eggs into the skillet; cook without stirring until eggs are completely cooked, two to three minutes. Remove the eggs to a warm plate and cut into strips; set aside. Return the skillet to the burner and add the oil. Heat to medium high and add the onion and garlic. Cook, stirring occasionally, until onion is softened. Stir in the rice, vegetables, and soy sauce. Heat through, stirring occasionally. Add the egg strips and heat through. Sprinkle with pepper, if desired, before serving.