Fried Rice

Serves: 7 | Serving size: 1 cup

Ingredients Needed:

- 2 teaspoons vegetable oil
- 1 small onion, chopped
- 1/4 teaspoon ground ginger or 1 tablespoon fresh chopped ginger
- 1 tablespoon minced garlic
- 2 eggs, beaten
- 4 cups cooked rice
- 1½ cups frozen peas or mixed frozen peas and carrots
- 2 tablespoons reduced-sodium soy sauce

Directions:

1. Heat oil in a large skillet.
2. Over medium heat, sauté onions, ginger, and garlic until fragrant.
3. Add eggs, and scramble.
5. Continue to stir over low heat for 5-6 minutes and serve hot.

Tips:

- Diced carrots, peppers, and celery can also be added in step #2.