



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.
4. Stir in rice, peas, and soy sauce.

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.