



Fried Rice



Makes: 6 servings

Total Cost: \$\$\$\$

Add some protein and grains to your dinner with this yummy rice dish. Use brown rice for extra fiber.

Ingredients

- 2 tablespoons cooking oil of choice (or margarine)
- 1 cup white rice, uncooked
- 3 tablespoons onion, minced
- 1/2 cup carrot, chopped or grated

- 2 cups water
- 4 eggs, beaten
- 4 egg whites, beaten
- 1/4 cup fat-free (skim) milk
- 1/2 cup peas
- 2 tablespoons reduced-sodium soy sauce

Directions

1. Wash hands with soap and water.
2. In a large frying pan over medium heat, cook rice, minced onion, and carrots in oil, stirring often until lightly browned.
3. Slowly add water. Reduce heat, cover and simmer until liquid is absorbed and rice is tender, about 20 minutes.
4. Beat eggs in bowl. Stir in milk, peas, and soy sauce. Pour over hot rice mixture in fry pan.
5. Cook on medium heat. As mixture begins to thicken, gently draw a spatula across bottom and sides of pan. This allows egg mixture to cook. Continue until eggs are firm.

Notes

Learn more about:

- [Onions](#)
- [Carrots](#)
- [Peas](#)

Source:

Adapted from *Flavorful Fried Rice*, University of Wisconsin Cooperative Extension Service
Family Living Program



Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Total Calories	237
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	124 mg
Sodium	292 mg
Carbohydrates	30 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	1 mcg
Calcium	53 mg
Iron	2 mg
Potassium	219 mg

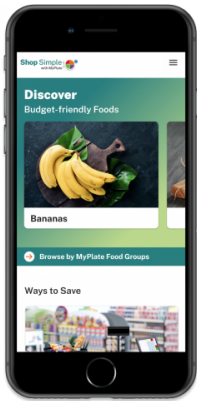
MyPlate Food Groups



	Vegetables	1/4 cups
	Grains	1 ounces
	Protein Foods	1 ounces

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



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