

Easy Fried Rice



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Ingredients

- 1 Tablespoon vegetable oil
- 2 eggs (beaten)
- 3½ cups brown rice, cooked (or white rice)
- 1 cup chicken breast, ham or pork, cooked and chopped
- 1 cup mixed vegetables, cooked and chopped
- 2 green onions (sliced)
- Soy sauce or hot sauce (optional, to taste)

Instructions

Heat pan. Add 1 teaspoon of oil. Add eggs and scramble. Remove cooked eggs and set aside. Add the rest of the oil (2 teaspoons) to the pan. Stir fry rice, breaking up lumps by pressing rice against the pan. Add cooked meat and/or vegetables. Stir fry until heated. Add green onions, reserved eggs and sauce to taste. Serve hot.

*Scan the QR code or visit FamilyResourceNavigator.org/FoodforThought
for additional recipes and healthy eating tips.*

