Fried Rice
Preparation Time: 45 minutes
Cooking Time: 40 minutes

Ingredients

- 6 cups cooked rice (2 cups uncooked)
- 3 eggs, scrambled
- Nonstick cooking spray
- 3 cloves garlic, minced (1/4 teaspoon garlic powder)
- 1 medium onion, sliced
- 1 cup cubed cooked leftover meat, poultry or small frozen shrimp (optional)
- 2 cups bean sprouts, fresh or canned (about 1/2 of a 16-oz. can)
- Soy sauce, to taste (about 1/4 cup)

Equipment

- Large saucepan with lid
- Small fry pan
- Large spoon
- Large fry pan or wok
- Sharp knife
- Cutting board
- Measuring cups
- Small bowl
- Fork
- Can opener (optional)

1. Cook rice according to package directions. Drain, if needed.
2. Crack eggs into small bowl; beat with fork.
4. Add rice and stir lightly to heat through. Stir in raw mixed eggs and bean sprouts. Cook another 3-5 minutes.
5. Add soy sauce to taste. Do not be afraid to add enough to color and flavor the rice. Stir well, heat thoroughly.

Bright Ideas

- To add color, substitute about 2 cups frozen cauliflower, broccoli, carrot mix for one of the cans of bean sprouts.
- Consider using "light" soy sauce to reduce the salt content.
- To lower the salt in this recipe even more, cut back or don't add salt to the rice when cooking it.

Serves: 6
Serving size: 1 1/2 cups

Calories: 280
Fat: 4.5 g
Sodium: 780 mg
Fiber: 1 g
Excellent source of iron
Good source of Vitamin C

Menu Idea:
- Chicken Fried Rice
- Cantaloupe sections
- Fortune cookie
- Milk

Your child can grow her own sprouts for this recipe.

This recipe is currently being revised. For more information on the Simply Good Eating curriculum, visit www.extension.umn.edu/distribution/nutrition/DJ8020.html.

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