

Vegetable Fried Rice



Ingredients

You could use 2 cups of leftover cooked rice for this recipe instead of cooking the rice from scratch. Basic Shelf + Celery, Green Pepper and Eggs

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| 500 mL | water | 2 cups |
| 250 mL | rice | 1 cup |
| 5 mL | vegetable oil | 1 tsp |
| 125 mL | thinly sliced celery | ½ cup |
| 125 mL | thinly sliced onion | ½ cup |
| 125 mL | thinly sliced carrots | ½ cup |
| 125 mL | thinly sliced green pepper | ½ cup |
| 4 | eggs, beaten | 4 |
| 15-30 mL | soy sauce salt and pepper | 1-2 tbsp |

Yield: 4 servings

Nutrition information:

per servings

- Excellent source of: vitamin A, vitamin B12
- Good source of: riboflavin, folate, vitamin E
- A source of fibre

Serving Idea: Serve with a glass of milk or a glass of fortified soy beverage.

Directions

1. Turn on stove to high heat. Combine water and rice in medium saucepan. Heat to boiling. Turn down heat, cover and simmer until rice is tender. This will take about 20 minutes and all the water will be absorbed. When the rice is cooked, set it aside.
2. Turn on stove to medium-high heat. Heat oil in large frypan. Add celery, onion, carrots and green pepper and stir-fry until vegetables are crisp-tender, about 6 to 8 minutes.
3. Add eggs to vegetable mixture. Cook and stir to scramble eggs. While eggs are still runny, stir in cooked rice and soy sauce. Continue to cook and stir just until the mixture is hot. Add salt and pepper to taste.

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