Simple Fried Rice

Ingredients

- 2 tablespoons vegetable oil
- ½ onion, chopped (approx. 1 C)
- 1 cup of assorted frozen mixed vegetables
- 4 cups of cooked leftover brown rice
- 1 cup of frozen shelled soy beans
- 4 eggs
- 1 cooked chicken breast
- 3 T soy sauce
- 2 green onions, thinly sliced (optional)

Making it

1. In a wok or large pan, heat vegetable oil over medium heat. Add onion and stir fry until translucent.
2. Add frozen mixed vegetables and rice; cook, stirring frequently, until vegetables are softened and rice is hot.
3. Place soy beans in a microwave safe bowl, add 2 T of water, cover with a plate, and microwave on high for 30 seconds. Set aside.
4. Push rice mixture into a ring around the edge of the pan to make a space in the middle. Beat eggs in a small bowl and add egg mixture into the middle of the pan. Gently push the eggs around until they are softly scrambled.
5. Add steamed soy beans, cooked chicken, and soy sauce and stir fry for a few minutes.
6. Remove from heat. Sprinkle with green onion, if desired.

NUTRITION FACTS

Servings: 4

PER SERVING

Calories (kcal): 521
Fat (g): 18
Carbohydrate (g): 64
Fibre (g): 33
Protein (g): 27

TIPS & HINTS

If you don’t have left over rice on hand, you can cook some from scratch. Brown rice triples when cooked so measure out 1 1/3 C of dry rice for this recipe.