

# Fried Rice

**Makes:** 6 Servings

Low-sodium soy sauce and garlic powder create a delicious flavor for this brown rice, vegetable, and chicken dish.

## Ingredients

- 2 tablespoons** vegetable oil
- 3 cups** cooked brown rice
- 1** carrot (cut into 1/4-inch slices)
- 1/2** bell pepper (chopped)
- 1/2 cup** chopped onion
- 1/2 cup** chopped broccoli
- 2 tablespoons** soy sauce, low-sodium
- 1/2 teaspoon** black pepper
- 1 teaspoon** garlic powder
- 2** medium eggs, beaten
- 3/4 cup** cooked bite-size pieces of chicken

## Directions

1. Heat oil in a large skillet over medium heat.
2. Add rice and stir for 5 minutes.
3. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>203</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	1 g
Cholesterol	41 mg
<b>Sodium</b>	<b>269 mg</b>
<b>Total Carbohydrate</b>	<b>26 g</b>
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	0 g
<b>Protein</b>	<b>9 g</b>
Vitamin D	0 IU
Calcium	29 mg
Iron	1 mg
Potassium	204 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
 Vegetables	1/4 cup
 Grains	1 ounce
 Protein Foods	1/2 ounce

tender.

4. Remove mixture from pan.
5. Pour eggs into pan and scramble.
6. Put vegetable mix and rice back in the pan and mix with scrambled eggs.
7. Add chicken and cook until hot.
8. Refrigerate leftovers.

**Source:** Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.