

Vegetable Fried Rice



CHOICES
Steps Toward
Health

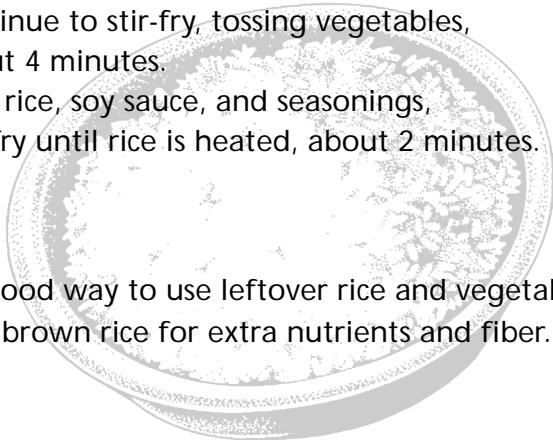
Serves 6

1/2 cup celery, sliced
1/4 cup onion, chopped
1 tablespoon olive oil
1 10-oz. pkg. frozen mixed peas and carrots
or 1 1/2 cups any leftover vegetables
2 cups cooked rice, cold
1 tablespoon soy sauce, low-sodium
1/2 teaspoon ground ginger (optional)
Dash of black pepper

1. Wash and prepare celery and onion.
2. Heat oil in skillet. Add celery and onion. Stir-fry 2 minutes.
3. Add peas and carrots or other vegetables. Continue to stir-fry, tossing vegetables, about 4 minutes.
4. Add rice, soy sauce, and seasonings. Stir-fry until rice is heated, about 2 minutes.

TIPS:

- A good way to use leftover rice and vegetables.
- Try brown rice for extra nutrients and fiber.



Nutrition Facts: Serving size: 1/2 cup; Calories 110; Fruits and Vegetables: 1/2; Fat: 2.5 g; Fiber: 2 g



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