

Vegetable Fried Rice

This dish blends rice, vegetables and the flavors of soy sauce and pepper for a quick meal. It's cooked in one pan so clean up is quick too.

Makes: 4 servings

Ingredients

- 2 tablespoons oil
- ½ cup chopped celery
- ¼ cup chopped onion
- 1 package frozen mixed vegetables (10 ounces)
- 2 cups cooked brown rice
- 1 tablespoon reduced-sodium soy sauce
- 1 dash black pepper



Directions

1. Heat the oil in a skillet or large frying pan.
2. Add the celery and onion. Cook for 2 minutes.
3. Add the frozen mixed vegetables to the pan. Keep stirring the vegetables until they are tender-crisp.
4. Add the cooked rice.
5. Sprinkle with soy sauce and pepper.
6. Cook for 2 minutes until the rice is heated and the flavors are blended.

Recipe from: Pennsylvania Nutrition Education Network, adapted by the USDA Food and Nutrition Administration.

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