**Vegetable Fried Rice**  
**Serves 4**

**Ingredients:**  
1½ cups water  
¾ cup brown rice  
2 teaspoons oil  
2 eggs  
1 carrot, diced small  
½ cup green peas  
½ cup diced onion  
2 scallions, chopped  
1 teaspoon minced ginger (optional)  
1 tablespoon low-sodium soy sauce

**Directions:**  
1. Combine water and rice in a 2-quart saucepan. Stir lightly; bring to a rolling boil and reduce heat to simmer (low boil). Cover with a lid and simmer for 35-40 minutes.  
2. Place cooked rice in a bowl to cool.  
3. Heat oil in a large skillet over medium-high heat. Crack the eggs into the center of the pan. Sprinkle the carrot, peas, onion, scallions and ginger around the eggs. Cook for 1 minute. Mix the vegetable and fried eggs together with a spatula.  
4. Add the cooked rice to the egg mixture. Stir in the soy sauce. And serve.

**Nutritional Information per serving:**  
Calories: 166  
Carbohydrates: 30g  
Total Fat: 3g  
Cholesterol: 0mg  
Saturated Fat: 0g  
Dietary Fiber: 2g  
Sodium: 148mg  
Protein: 3g