

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**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