

Brown Rice Fried Rice

Makes
6 servings

Prep time
10 minutes

Cook time
15 minutes

Good source of
Fiber
Protein
Vitamins

Ingredients:

- 2 Tbsp. vegetable oil
- ½ cup onion, chopped
- 1 carrot, diced
- ½ bell pepper, chopped
- ½ cup broccoli, chopped
- 2 Tbsp. lite soy sauce
- ½ tsp. black pepper
- ½ tsp. garlic powder
- 2 cups cooked brown rice
- ¾ cup boiled chicken breast, cubed
- 2 eggs, scrambled

Nutrition Facts

6 servings per container
Serving size 1 cup (154g)

Amount per serving
Calories **180**

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 240mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Heat oil in a large pan or wok over medium heat.
2. Add onion and cook until tender, about 3 minutes.
3. Stir in carrots, bell pepper, broccoli, lite soy sauce, black pepper, and garlic powder. Cook until vegetables are tender, about 5 minutes.
4. Add cooked rice, boiled chicken, and scrambled eggs to pot. Cover and cook mixture an additional 3-5 minutes, stirring occasionally.
5. Serve hot. Refrigerate any leftovers.

