

Vegetable Fried Rice

4 servings per recipe

Vegetable fried rice is a very quick and tasty dinner, if the rice is made in advance. The basic recipe is the same. Below are several ideas for what to use. Choose one of the combinations or you can use whatever you like or have on hand. Try to include 1 cup of vegetables per serving or 4 cups for 4 people.

			Approximate cost
1.	1 medium 2 cups 1 can	onion (red or white) chopped (about 1 cup) chopped carrots (2-4 carrots) green beans, drained *	\$2.90 or 0.73 per serving
2.	1 can 1 can	corn, drained * peas, drained *	\$3.48 or 0.87 per serving
3.	2 cups 2 medium	broccoli, chopped, frozen, defrosted peppers, chopped	\$4.09 or 1.02 per serving
4.	1 can 1 can 1 large 6 Tablespoons 4 cups	green beans, drained * garbanzo beans, rinsed and drained* egg, scrambled (see optional instructions below) extra virgin olive oil * cooked brown rice*	\$2.68 or 0.67 per serving

Optional: garlic, dried basil and/or oregano

1. heat the olive oil on medium. Stir in the vegetables and cook about 5 minutes. How long you cook will depend on which vegetables you use. Fresh vegetables (carrots, onions) will take longer to cook, canned vegetables (green beans) and frozen vegetables will cook an in between amount.
2. add the cooked rice, stir to combine and heat through.

Optional: scramble 4 eggs in a bowl. Move the vegetable/ rice mixture to the side of the pan once they are cooked; pour in the egg. Let the egg cook until set (a few minutes) then scramble into the rice and vegetables.

* Raising the Bar on Nutrition food