

# Veggie Fried Rice

PREP TIME: 10 MIN | COOK TIME: 10 MIN | SERVINGS: 2

## INGREDIENTS:

- 2 Tbsp oil or butter
- 3 eggs, whisked
- 1/2 onion, diced
- 1/2 Tbsp minced garlic\*
- 2 cups chopped vegetables of choice (cauliflower, green beans, carrots, etc.)
- Salt and pepper, to taste
- 2 cups cooked rice
- 3-4 Tbsp soy sauce
- 1/2 tsp sesame oil

## RECIPE NOTES:

*\*Can use 2 tsp garlic powder in place of minced garlic*

Swap or add in other fresh, frozen, or canned vegetables (such as bell peppers, carrots, peas, corn, or green onion) for extra flavor and fiber!

## DIRECTIONS:

1. Heat 1/2 Tbsp butter or oil in a large pan over medium-high heat. Add egg and cook until set, stirring occasionally. Remove and transfer to a separate plate.
2. Heat an additional 1/2 Tbsp butter or oil in the pan. Add onions, garlic, and chopped veggies. Season with salt and pepper. Sauté for 5 minutes or until softened.
3. Increase heat to high and stir in remaining 1/2 Tbsp butter or oil. Stir in rice and soy sauce. Cook an additional 3 minutes, stirring occasionally.
4. Add eggs back in and stir to chop up and combine. Remove from heat and stir in the sesame oil until combined. Serve immediately.

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