



Fried Rice

An Asian style dish with a healthier twist

<u>U.S.</u>		<u>Metric</u>
1 cup	Brown Rice	113 g
3 cups	Water	711 ml
1 Tbsp	Olive Oil	15 ml
1 medium	Onion, diced	each
1 each	Egg	each
1/2 cup	Peas, frozen	113 g
2 cloves	Garlic, minced	each
1 Tbsp	Soy sauce, low sodium	15 ml
1 Tbsp	Rice vinegar	15 ml
2 tsp	Ground ginger	6 g

Preparation:

1. Gather all ingredients and equipment.
2. Place brown rice in a pot and bring to a boil then cover and let simmer until rice is tender and water is absorbed.
3. Coat a sautee pan with olive oil.
4. Sauté onions until translucent.
4. Add rice to pan and create a well in the middle.
5. Crack egg in to the well and let cook. Incorporate into rice evenly once cooked
6. Add peas, soy sauce, rice vinegar, garlic and ginger.

Nutrition Facts

Serving size	1/2 cup
Servings	8
Calories	130
Calories from Fat	25
Total Fat	3 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	20 mg
Sodium	90 mg
Carbohydrates	22 g
Dietary Fiber	2 g
Sugars	2 g
Protein	3 g
Vitamin A	0 %
Calcium	2 %
Vitamin C	2 %
Iron	2 %
Phosphorus	92.48 mg
