

HOMEMADE FRIED RICE

With Stir-Fry Sauce

With Raven Tuffin, EFNEP Educator

Fried Rice

Makes: 4 servings

Serving size: 1/2 cup

Ingredients

Non-stick cooking spray

2 cups chopped veggies (*use leftovers from the week like: carrots, onions, broccoli*)

1 tablespoon of stir fry sauce

1 1/2 teaspoons garlic powder

1 1/2 teaspoons onion powder

2 cups cold, cooked brown or white rice

1 egg, beaten

Directions:

1. Spray pan with non-stick cooking spray
2. Stir-fry vegetables in pan
3. Add stir-fry sauce, garlic powder, and onion powder
4. Combine
5. Stir in cooked rice. Push to the sides of the pan, making a hole in the center of the mixture.
6. Drop beaten egg into the center of the pan and scramble.
7. Stir all ingredients together until cooked through
8. Serve with your favorite spring rolls and lean protein for a complete dish.

Nutrition Information Per Serving:

160 Calories, Total Fat 2g, Saturated Fat 0g, Protein 5g (when using brown rice), Total Carbohydrate 29g, Dietary Fiber 3g, Sodium 55mg. Excellent source of vitamin A and C.

****Money Saving Tip!** Use our Stir-Fry sauce recipe found in your EFNEP cookbook

**** Kitchen Safety Tip!** When spraying your pan with nonstick spray, hold the pan over the sink to ensure no spray gets on the kitchen floor creating a slip hazard.

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Stir-Fry Sauce Recipe:

Makes 1/2 cup

Ingredients:

- 2 tablespoons of sodium free beef bouillon
- 2 teaspoons apple cider vinegar
- 1 teaspoon of dark molasses
- 1/8 teaspoon of ground ginger
- A dash of black pepper
- 1/8 teaspoon of garlic powder
- 1 cup water
- 2 tablespoons of cornstarch

Directions:

1. Add 2 tablespoons of cornstarch to water and stir
2. Add all other ingredients into saucepan
3. Slowly stir cornstarch and water mixture into saucepan with other ingredients
4. Bring to a gentle boil uncovered for 5 or more minutes until sauce is reduced to 1/2 cup
5. Store leftover sauce in an airtight container and use it for your next Asian inspired dish! (*always stir sauce before using*)

Nutrition Information Per Tablespoon:

5 calories, Total Fat 0g, Saturated Fat 0g, Protein 0g, Total Carbohydrates 1g, Dietary Fiber 0g, Sodium 30g