HOMEMADE FRIEDwith stir-Fry Same

Wth 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 EF-NEP 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.





NC State University and N.C. A&T State University commit themselves to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), gender identity, sexual orientation and veteran status. NC State, N.C. Asta, U.S. Department of Agriculture, and local governments cooperating, Accommodation requests related to a disability should be made by 5 business days before the event to Deb Fuller at 336-641-2400. As a public institution, and instrumentality of the State of North Carolina, NC State University is subject to the NC Public Records laws. This means that records provided to the university may be subject to public disclosure. For more information regarding public records, laws with the Office of General Counsel web page on public records, accessible at https://generalcounsel.ncsu.edu/legal-topics/records/public-records/

HOMEMADE FRIEDwith stir-Fry Same

Wth Raven Tuffin, EFNEP Educator

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 Og, Saturated Fat Og, Protein Og, Total Carbohydrates 1g, Dietary Fiber Og, Sodium 30g





NC State University and N.C. A&T State University commit themselves to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and martal status, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), gender identity, sexual orientation and veteran status, NC State, NC. A&T, U.S. Department of Agriculture, and local governments cooperating. Accommodation requests related to a disability should be made by 5 business days before the event to Deb Fuller at 336-641-2400. As a public institution, and instrumentality of the State of North Carolina, NC State University is subject to the NC Public Records laws. This means that records provided to the university may be subject to public disclosure. For more information regarding public records, leave wisit the Office of General Counsel web page on public records, accessible at https://generalcounsel.ncsu.edu/legal-topics/records/public-records/