



Cooking Matters

Vegetable Fried Rice

Ingredients:

brown rice – cooked and cooled
1/2 lb broccoli
2 stalks celery
2 carrots
1/2 onion
1/4 cup frozen peas
4 eggs
4 tbsp butter

1/4 cup low sodium soy sauce
1 tbsp brown sugar
1/2 tsp ginger
1 clove garlic
1 small jalapeno, optional

Directions:

Scramble and cook eggs. Use 1 tbsp butter to cook the eggs.

Rinse and chop broccoli, celery, carrots and onions. Set all of the chopped veggies in a small bowl and set aside. In another small bowl, combine soy sauce, brown sugar, ginger, garlic and jalapeno (if using). Stir and set aside.

In a medium skillet over medium high heat, heat 1 tbsp butter and when shimmering, add veggies. Cook, stirring frequently until the veggies are tender and the onions are translucent – about 10 minutes. Once veggies are soft, add frozen peas and cook for another 5 minutes.

Add cold rice to the pan and stir to combine. Push the rice and veggies down into the pan to allow the rice to get crispy – cook another 5 minutes. Add soy sauce mixture. Reduce heat to low and stir until all veggies and rice are coated in sauce. Add eggs, and cook 1 more minute. Remove from heat and serve.