

Recipe card instructions:

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the "flip on short edge" print setting to ensure the back side of the card isn't upside down. Cut out each card along dashed lines.

Vegetable Fried Rice

- 2 tablespoons vegetable oil
- ½ cup chopped celery
- ¼ cup chopped onion
- 1 (10-ounce) package frozen vegetables
- 2 cups cooked white or brown rice
- 1 tablespoon reduced-sodium soy sauce
- Dash pepper

Heat oil in a large frying pan. Add celery and onion; stir fry for 2 minutes. Add vegetables; stir until vegetables are tender-crisp. Add cooked rice. Sprinkle with soy sauce and pepper. Stir fry for 2 minutes until the rice is heated and the flavors are blended. Makes 4 servings.

Source: The Pennsylvania Nutrition Education Program

Stock Healthy



Shop Healthy

UNIVERSITY OF MISSOURI EXTENSION

Vegetable Fried Rice

- 2 tablespoons vegetable oil
- ½ cup chopped celery
- ¼ cup chopped onion
- 1 (10-ounce) package frozen vegetables
- 2 cups cooked white or brown rice
- 1 tablespoon reduced-sodium soy sauce
- Dash pepper

Heat oil in a large frying pan. Add celery and onion; stir fry for 2 minutes. Add vegetables; stir until vegetables are tender-crisp. Add cooked rice. Sprinkle with soy sauce and pepper. Stir fry for 2 minutes until the rice is heated and the flavors are blended. Makes 4 servings.

Source: The Pennsylvania Nutrition Education Program

Stock Healthy



Shop Healthy

UNIVERSITY OF MISSOURI EXTENSION

Vegetable Fried Rice

- 2 tablespoons vegetable oil
- ½ cup chopped celery
- ¼ cup chopped onion
- 1 (10-ounce) package frozen vegetables
- 2 cups cooked white or brown rice
- 1 tablespoon reduced-sodium soy sauce
- Dash pepper

Heat oil in a large frying pan. Add celery and onion; stir fry for 2 minutes. Add vegetables; stir until vegetables are tender-crisp. Add cooked rice. Sprinkle with soy sauce and pepper. Stir fry for 2 minutes until the rice is heated and the flavors are blended. Makes 4 servings.

Source: The Pennsylvania Nutrition Education Program

Stock Healthy



Shop Healthy

UNIVERSITY OF MISSOURI EXTENSION

Vegetable Fried Rice

- 2 tablespoons vegetable oil
- ½ cup chopped celery
- ¼ cup chopped onion
- 1 (10-ounce) package frozen vegetables
- 2 cups cooked white or brown rice
- 1 tablespoon reduced-sodium soy sauce
- Dash pepper

Heat oil in a large frying pan. Add celery and onion; stir fry for 2 minutes. Add vegetables; stir until vegetables are tender-crisp. Add cooked rice. Sprinkle with soy sauce and pepper. Stir fry for 2 minutes until the rice is heated and the flavors are blended. Makes 4 servings.

Source: The Pennsylvania Nutrition Education Program

Stock Healthy



Shop Healthy

UNIVERSITY OF MISSOURI EXTENSION

Recipe card instructions:

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Vegetable Fried Rice

Notes:

- Use reduced-sodium soy sauce to help keep sodium content low.
- This recipe is a good use of leftover cooked rice.

Nutrition Facts	
Serving Size 1 cup (186g)	
Amount Per Serving	
Calories 210	
% Daily Value*	
Total Fat 7g	11%
Sodium 290mg	12%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Protein 4g	
Vitamin A 25%	Vitamin C 10%
Calcium 4%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Notes:

- Use reduced-sodium soy sauce to help keep sodium content low.
- This recipe is a good use of leftover cooked rice.

Nutrition Facts	
Serving Size 1 cup (186g)	
Amount Per Serving	
Calories 210	
% Daily Value*	
Total Fat 7g	11%
Sodium 290mg	12%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Protein 4g	
Vitamin A 25%	Vitamin C 10%
Calcium 4%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Notes:

- Use reduced-sodium soy sauce to help keep sodium content low.
- This recipe is a good use of leftover cooked rice.

Nutrition Facts	
Serving Size 1 cup (186g)	
Amount Per Serving	
Calories 210	
% Daily Value*	
Total Fat 7g	11%
Sodium 290mg	12%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Protein 4g	
Vitamin A 25%	Vitamin C 10%
Calcium 4%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Notes:

- Use reduced-sodium soy sauce to help keep sodium content low.
- This recipe is a good use of leftover cooked rice.

Nutrition Facts	
Serving Size 1 cup (186g)	
Amount Per Serving	
Calories 210	
% Daily Value*	
Total Fat 7g	11%
Sodium 290mg	12%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Protein 4g	
Vitamin A 25%	Vitamin C 10%
Calcium 4%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.