

Easy Fried Rice

Prep Time: 25 Minutes | Makes: 6 servings

Ingredients

- 1 tablespoon oil
- 1/2 cup onion, chopped
- 1 clove garlic, chopped
- 3 cups frozen peas and carrots, thawed
- 3 cups rice, cooked or leftover
- 1/4 teaspoon salt
- dash of pepper
- 4 eggs, beaten
- 2 tbsp. low-sodium soy sauce



Directions

1. Cook garlic and onion in the oil for one minute and add peas and carrots to skillet.
2. Add rice, soy sauce, salt and black pepper to skillet and cook on medium heat until flavors are mixed, about 5 to 10 minutes.
3. Move the rice mixture to the side of the pan. Add the eggs to the empty part of the pan and scramble them. When they are completely cooked, mix them together with the rice mixture.
4. Serve immediately. Can be served with vegetables and chicken, or beef stir-fry.

