



Fried Rice

Ingredients:

- 2 eggs
- 1½ tablespoons vegetable oil
- 1 small onion, finely chopped
- ½ cup celery or green pepper, finely chopped
- 4 cups cold cooked rice
- 2 tablespoons light soy sauce

Instructions:

This recipe can also be made with diced cooked ham or chicken.

1. Beat the eggs in a small bowl. Heat ½ tablespoon of the oil in a frying pan. Cook the eggs in the pan, breaking them into small pieces with a fork. Place in a clean bowl for later use.
2. Cook onions, celery or green pepper in 1 tablespoon of hot oil for 2 minutes.
2. Add cooked rice, the scrambled egg pieces, cooked diced ham or chicken (if desired) and soy sauce. Mix well. Cook over a low flame.

Nutrition Facts			
Serving Size 1 cup (8.1 ounce)			
Servings Per Recipe 4			
Amount Per Serving			
Calories	300	Calories from Fat	70
% Daily Value *			
Total Fat	8g		12%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	105mg		35%
Sodium	300mg		13%
Total Carbohydrate	48g		16%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	8g		
Vitamin A	4%	Vitamin C	2%
Calcium	4%	Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
23% calories from fat			
This recipe analyzed without addition of ham or chicken.			

Yields about 4 servings

Source: Cornell University Cooperative Extension in New York City



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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