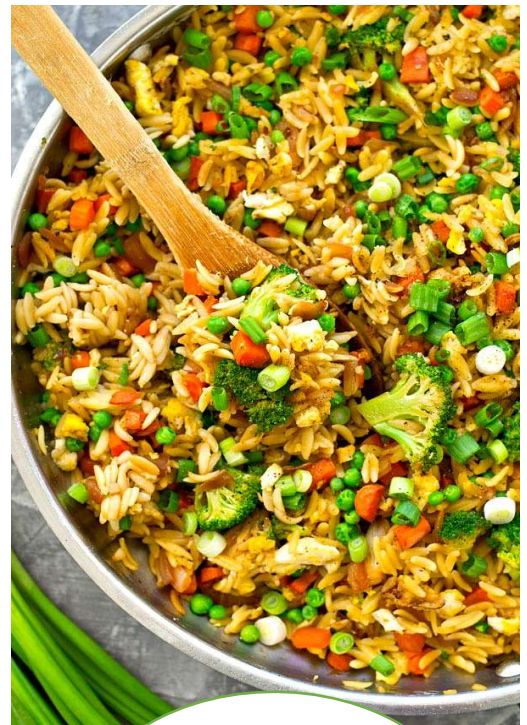


Super
Quick
& Easy

Vegetable Fried Rice



For best results, use rice cooked the day before, & stored in the refrigerator overnight

Ingredients

- 1) 1 small onion, diced
- 2) 2 tablespoons fresh ginger or spice cup w/ ground ginger
- 3) 2 or 3 cloves garlic
- 4) 2 eggs
- 5) 1 bag frozen veggies
- 6) 3 cups cooked rice
- 7) * $\frac{1}{4}$ cup low sodium soy sauce

Directions

- 1) Dice the onion, grate the ginger, crush the garlic
- 2) Heat a little oil in a wok or large skillet, med-high heat
- 3) Sauté onion and ginger, stirring, about 3 mins
- 4) Add crushed garlic, cook 1 minute more
- 5) Add frozen veggies to pan, cook stirring, 6 to 8 mins
- 6) Push the mixture to the sides of the pan
- 7) Crack the eggs into the middle, stir & cook 2 mins
- 8) Stir to combine eggs with veggie mixture
- 9) Add soy sauce and cooked rice, mix together & heat through

* If provided a spice cup of Soy Sauce powder (1 TBS):
Combine Soy Sauce powder with $\frac{1}{4}$ cup of water and mix well.