



SPRING FRIED RICE

SERVINGS: 2 - 3

EST. COST: \$3.40

COST PER SERVING: \$1.70

Ingredients

- 2 cups cooked rice (any variety)
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup fresh or frozen seasonal spring vegetables, chopped (such as asparagus, peas, carrots, or broccoli)
- 2 ea eggs
- 2 tbsp olive oil
- 1 tbsp coconut aminos or soy sauce
- Salt and pepper to taste

Equipment

Large skillet

cutting board

knife

spatula or wooden spoon

measuring cups.

Directions

1. Heat a large skillet or wok over medium-high heat. Add the olive oil and swirl to coat the bottom of the pan.
2. Add the chopped onion and stir-fry for 3-5 minutes, until the onion is softened. Then add garlic and stir 1 more minute until the garlic is fragrant.
3. Add the seasonal spring vegetables to the pan and stir-fry for another 2-3 minutes, until they are tender-crisp.
4. Push the vegetables to one side of the pan and crack the eggs into the other side. Scramble the eggs with a spatula until cooked through.
5. Add the cooked rice to the pan and stir-fry for 2-3 minutes, until the rice is heated through and starting to get crispy.
6. Drizzle the soy sauce over the rice and stir-fry for another minute or two, until everything is well combined and the rice is evenly coated with the sauce.
7. Season with salt and pepper to taste. Enjoy!



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Spring Fried Rice		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	530.4	
	% Daily Value*	
Total Fat	21.1 g	27 %
Saturated Fat	4.1 g	20 %
Trans Fat	0 g	
Cholesterol	186.5 mg	62 %
Sodium	567.6 mg	25 %
Total Carbohydrate	68.3 g	25 %
Dietary Fiber	7.5 g	27 %
Total Sugars	6.1 g	
Added Sugars	0 g	0 %
Protein	17.2 g	
Vitamin D	1.1 mcg	5 %
Calcium	66.5 mg	5 %
Iron	3.3 mg	18 %
Potassium	422.6 mg	9 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Health Benefits:

Rice is a staple food for many cultures around the world and is an excellent source of carbohydrates, which provide the body with energy. Depending on the variety, rice can also be a good source of fiber, B vitamins, and minerals like magnesium and selenium.

Onions are a flavorful and versatile vegetable that add great taste to many dishes. They are a good source of vitamin C and dietary fiber and contain phytonutrients that may help support immune function and reduce the risk of chronic diseases such as heart disease and certain types of cancer

References:

1. Recipe from Gabrielle La Chappelle, 2023