

Extra Vegetable Fried Rice

Yield: 8 servings

Ingredients

½ cup olive oil; divided
 5 eggs, lightly beaten
 3 cups onion; finely chopped
 1 ½ cups carrot; finely chopped
 1 ½ cups asparagus; chopped
 1 ½ cups bell pepper; chopped
 2 cups broccoli; chopped
 1 teaspoon salt
 2 tablespoons ginger, fresh; grated
 2 tablespoons garlic; minced
 ¼ teaspoon red pepper flakes
 5 cups brown rice (pre-cooked)
 2 cups spinach
 ½ cup green onions; diced
 3 tablespoons reduced-sodium soy sauce
 1 tablespoon sesame oil
 Chili-garlic or Sriracha sauce for serving; optional

Instructions

1. Warm a large skillet over medium-high heat, with 1 tablespoon oil.
2. Add the eggs and swirl the pan so they cover the bottom. Cook until just set, stirring along the way to break them up. Transfer the eggs to a bowl.
3. Add 2 tablespoons of oil to the skillet. Add the onion and carrots and cook, stirring often, until the onions are translucent and the carrots are tender, about 3 to 5 minutes.
4. Add the remaining veggies and salt. Continue cooking, stirring occasionally, until the veggies are cooked through and turning golden, about 3 to 5 more minutes.
5. Use a big spatula or spoon to transfer the contents of the pan to the bowl with the cooked eggs.
6. Return the pan to heat and add the remaining oil, ginger, garlic and red pepper flakes, and cook until fragrant while stirring constantly, about 30 seconds.
7. Add the rice and mix it all together. Cook, stirring occasionally, until the rice is hot and starts to turn golden on the edges, about 3 to 5 minutes.
8. Add the spinach and green onions and stir to combine. Add the cooked veggies and eggs and stir to combine.
9. Remove the pan from the heat and stir in the soy sauce and sesame oil.
10. Divide into bowls and serve immediately.
11. Optional: serve with chili-garlic or Sriracha sauce on the side.

Nutrition Information

Serving Size: 1 cup

Calories: 320
 Total Fat: 15.4 g
 Saturated Fat: 2.7 g
 Monounsaturated Fat: 0.0 g
 Sodium: 561.0 mg
 Total Carbohydrate: 42.3 g
 Dietary Fiber: 6.1 g
 Sugars: 6.5 g
 Protein: 10.2 g

Source: <https://cookieandkate.com/2017/vegetable-fried-rice-recipe/>



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