Fried Rice

Ingredients:
- 2 large eggs
- 1 1/2 tablespoons vegetable oil
- 1 small onion, finely chopped
- 1/2 cup celery or green pepper, finely chopped
- 4 cups cold cooked brown rice
- 2 tablespoons light soy sauce

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

Directions:
1. Beat the eggs in a small bowl. Heat 1/2 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.
3. Add cooked rice, the scrambled egg pieces, cooked diced ham or chicken (if desired) and soy sauce. Mix well. Cook over a low flame.

Yields about 4 servings

Source:
Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 cup (8.1 ounce)</th>
<th>Servings Per Recipe 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>% Daily Value *</td>
</tr>
<tr>
<td>Calories 300</td>
<td>Calories from Fat 70</td>
</tr>
<tr>
<td>Total Fat 8g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
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<tr>
<td>Cholesterol 105mg</td>
<td>35%</td>
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<tr>
<td>Sodium 300mg</td>
<td>13%</td>
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<tr>
<td>Total Carbohydrate 48g</td>
<td>16%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars 2g</td>
<td></td>
</tr>
<tr>
<td>Protein 8g</td>
<td></td>
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</tbody>
</table>

Vitamin A 4%
Vitamin C 2%
Calcium 4%
Iron 16%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2000 2,500
Total Fat: Less than 65g 80g
Saturated Fat: Less than 20g 25g
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.