

Asian Rice

This recipe is a good source of fiber, which may help protect you against some diseases.

Ingredients:

- 1 teaspoon **vegetable oil**
- 2 **eggs**, beaten
- water**
- 1 bag (16-ounce) frozen **Asian style vegetables**, or 1 pound fresh vegetables
- 3-4 cups cooked **rice**
- 1 cup cooked, diced, **chicken**
- 2 **green onions**, sliced
- soy sauce** or **hot sauce** to taste

Directions:

1. Heat 1 teaspoon oil in a large skillet over medium-high heat (350 degrees in an electric skillet). Add eggs and scramble. Remove cooked eggs and set aside.
2. Add small amount of water to pan and cook vegetables until tender crisp.
3. Add rice and stir to heat through, breaking up lumps by pressing against pan.
4. Add meat and vegetables and stir fry until heated.
5. Add green onions, reserved egg, and cook to heat through.
6. Serve with soy sauce or hot sauce.
7. Refrigerate leftovers within 2-3 hours.

Tips:

- Use leftover ham or pork in place of chicken.

Nutrition Facts			
Serving Size 1 Cup (249g)			
Servings Per Container 6			
Amount Per Serving			
Calories 280	Calories from Fat 90		
% Daily Value*			
Total Fat 10g			15%
Saturated Fat 3.5g			18%
Trans Fat 0g			
Cholesterol 110mg			37%
Sodium 260mg			11%
Total Carbohydrate 30g			10%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 16g			
Vitamin A 15%	•	Vitamin C 45%	
Calcium 4%	•	Iron 8%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat 9	• Carbohydrate 4	• Protein 4

6 servings, 1 cup

Source: Oregon Dairy Council. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>.