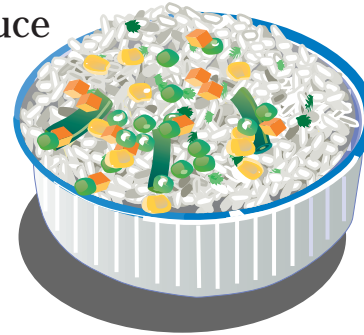


# Vegetable Fried Rice

## Ingredients:

- 2 teaspoons oil
- 1/2 cup sliced celery
- 1/4 cup chopped onion
- 10 ounce package frozen mixed vegetables
- 2 cups rice, cooked, unsalted, cold
- 1 tablespoon regular or low sodium soy sauce
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper



Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 25
% Daily Values*	
Total Fat	3g 4%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	300mg 13%
Total Carbohydrate	39g 13%
Dietary Fiber	4g 15%
Sugars	1g
Protein	6g
Vitamin A 70%	Vitamin C 15%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a diet of 2,000 calories.	
*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 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 30g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Preparation:

1. Heat the oil in a skillet or wok. Add the celery and onion. Stir-fry for 2 minutes.
2. Add the mixed vegetables. Continue to stir-fry, turning the pieces constantly, until the vegetables are tender crisp, about 4 minutes.
3. Add the rice. Sprinkle with the seasonings.
4. Stir-fry until the rice is heated and flavors are blended, about 2 minutes.

Makes four 1 cup servings