

Fried Rice

Ingredients

- 2 cups previously cooked long-grain white rice
- 1/4 cup carrots, finely chopped
- 1/4 cup peas
- 1 egg
- 1/2 cup white onion, chopped
- 1 tablespoon canola oil, for frying

Sauce:

- 2 tablespoons less-sodium soy sauce
- 3 tablespoons unsalted butter
- 1/2 teaspoon garlic powder

Directions

Step 1

Prepare white rice using instructions on the packaging, let cool, and set aside.

Step 2

Meanwhile, chop all vegetables into finely chopped pieces, set aside in prep bowls.

Step 3

To make the sauce, place butter in the microwave for 10-15 seconds to soften, stir in soy sauce and garlic powder until mixed. Set aside. In a large skillet or wok, bring oil to just under high heat.

Step 4

Fry one egg until no longer runny and break into small pieces using the tip of a spatula.

Step 5

Add vegetables to the wok and cook for 2-3 minutes. Add rice and stir in sauce until well mixed and fully coated. Cook for an additional 5-7 minutes. Serve immediately.