



VEGETABLE FRIED RICE

RECIPE AND INGREDIENT FACTS SHEET

What is Rice?

- Rice is a staple grain eaten worldwide and a primary source of carbohydrates, which provide the body with energy.
- It comes in many varieties (white, brown, basmati, jasmine, wild, etc.) and can be used in both savory and sweet dishes.

What is Brown Rice?

- Brown rice is a whole grain form of rice where only the outer husk is removed, leaving the bran and germ intact. This makes it higher in fiber, vitamins, and minerals compared to white rice, which has the bran and germ removed.
- Brown rice has a chewier texture and a nuttier flavor, and it digests more slowly, helping with steady blood sugar and satiety.



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Recipe

Ingredients

- 1 cup rice
- Soy sauce
- ~1/2 cup Vegetable sprouts
- 2 eggs
- 1-2 carrots
- 1 stalk of celery
- 1 onion, diced
- 3-4 scallions, thinly sliced

Instructions

1. Cook rice in vegetable bouillon and set aside.
2. In a wok, heat a little sesame oil. Scramble the eggs with soy sauce, then remove and set aside.
3. In the same wok, sauté onion and scallions until soft.
4. Add carrots and celery; cook until tender.
5. Stir in bean sprouts and the cooked rice, seasoning with soy sauce to taste.
6. Continue cooking until sprouts are soft and everything is well combined.



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READ MORE ABOUT THE HEALTHY INGREDIENTS!

Health Benefits of Vegetable Fried Rice

Vegetable fried rice is a flavorful dish that combines rice, vegetables, eggs, and seasonings, and its ingredients provide several health benefits:

- **Vegetables (carrots, celery, onions, sprouts, scallions)** – supply fiber, vitamins, minerals, and antioxidants that support digestion, immunity, and overall wellness.
- **Brown or white rice** – provides energy through complex carbohydrates; brown rice also adds fiber and minerals.
- **Eggs** – add high-quality protein, vitamin D, and B vitamins for energy and muscle health.
- **Sesame oil** – a source of heart-healthy fats and antioxidants.
- **Soy sauce (in moderation)** – enhances flavor while contributing small amounts of minerals like iron and potassium.

Together, vegetable fried rice offers a balance of carbohydrates, protein, healthy fats, and micronutrients, making it a nourishing and satisfying meal when paired with a variety of colorful vegetables.

Brown Rice Cooking Guide

	Amount uncooked	Liquid needed	Cooking time	Yield
Brown Rice	1 cup	2 ½ cups	about 45 minutes	3 cups

1. Rinse rice under cold water until clear.
2. In a pot, bring water and salt to a boil.
3. Add rice, reduce heat to low, cover, and simmer for 40–45 minutes until water is absorbed.
4. Remove from heat and let sit, covered, for 10 minutes.
5. Fluff with a fork and serve.

White Rice Cooking Guide

	Amount uncooked	Liquid needed	Cooking time	Yield
White Rice	1 cup	2 cups	about 20 minutes	3 cups

1. Rinse rice under cold water until clear.
2. In a pot, bring water and salt to a boil.
3. Add rice, reduce heat to low, cover, and simmer for 15–20 minutes until water is absorbed.
4. Remove from heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.