

Napa Cabbage Fried Rice

Just Say Yes to Fruits and Vegetables

Forget the takeout when you can make this dish just as tasty at home.



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Serves 4 • Serving: 1½ cups

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Vegetables

Using low sodium soy sauce and brown rice are easy, healthy swaps.

Ingredients:

- 2 tablespoons vegetable oil
- 3 beaten eggs
- 1 sliced onion
- 2 finely chopped garlic cloves
- 1 shredded carrot
- ½ shredded head Napa cabbage,
or other cabbage type
- 4 cups cooked brown or white rice
- 2 tablespoons low sodium soy sauce
- Salt to taste

Directions:

1. In a large frying pan, heat 1 tablespoon oil over medium heat.
2. Pour eggs into pan and scramble for about 1 minute or until eggs are cooked. Remove eggs from pan and set aside.
3. Heat remaining 1 tablespoon oil in the same pan over medium heat.
4. Add onion, garlic, and carrot. Cook for 5 minutes, stirring often.
5. Add cabbage, rice, soy sauce, and cooked eggs in pan. Cook for 2 minutes or until rice is hot, stirring often. Enjoy!
6. Refrigerate leftovers.