



Veggie-rific Fried Rice



1/5th of recipe (about 1 cup): 167 calories, 0.5g total fat (0g sat. fat), 630mg sodium, 30g carbs, 4g fiber, 4g sugars, 8.5g protein

Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

One 1-oz. packet fried rice seasoning mix
1/8 tsp. garlic powder
1/8 tsp. ground ginger
1 tbs. reduced-sodium/lite soy sauce
3/4 cup fat-free liquid egg substitute
2 cups frozen diced carrots and peas
1 cup chopped mushrooms
2 cups cooked brown rice, chilled
1 cup chopped bean sprouts
1/4 cup chopped scallions
Optional seasonings: salt and black pepper

Directions

In a medium bowl, combine seasoning mix, garlic powder, and ground ginger. Add soy sauce and 3 tbs. hot water, and stir until seasoning mix has dissolved.

Bring a wok (or large skillet) sprayed with nonstick spray to medium heat. Scramble egg substitute until fully cooked, 3 to 4 minutes, using a spatula to break it up into bite-sized pieces.

Transfer cooked egg substitute to a large bowl. If needed, clean wok. Remove from heat, re-spray, and return to medium heat. Add frozen vegetables and mushrooms, and cook and stir until frozen veggies are hot and mushrooms have softened, 5 to 7 minutes.

Transfer veggies to the large bowl. Remove wok from heat, re-spray, and bring to high heat. Add rice and sea-soning mixture, and thoroughly stir. Add bean sprouts, scallions, and the contents of the large bowl. Cook and stir until liquid has evaporated and contents are well mixed and hot, about 1 minute. Enjoy!

MAKES 5 SERVINGS

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