

Eggstraordinary Rice

Serves 4

Use what you have on hand. Remember: to lower total sodium, drain and rinse canned vegetables. Use a mix of fresh, frozen AND canned for better flavor and texture.



- 1 cup water
- ½ cup rice, uncooked
- 1 tablespoon of canola oil
- 1 large onion, diced
- 2 eggs, lightly beaten
- 1 can carrots, no salt added, drained
- 1 can corn, drained
- 1 can green beans, drained
- 1 can peas, no salt added drained
- 1 tablespoon low sodium soy sauce



1. In saucepan over high heat, bring water and rice to a boil.



2. Cover and reduce heat to low. Cook for 15 minutes or until all water is absorbed into rice.



3. In a separate saucepan, over medium heat, add canola oil. Cook onions for 2-3 minutes until tender. Add in beaten eggs and scramble.



4. Add carrots, corn, green beans, and peas to scrambled eggs. Stir and heat for 5 minutes.



5. Add cooked rice to egg/vegetable mixture. Stir in soy sauce and rice.

Nutrition information: calories 190, total fat 4g, sodium 624mg, carbohydrate 32g, dietary fiber 7g, protein 7g.

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Healthy Tip

 • Use a mix of fresh, frozen
 • and canned vegetables
 • to keep sodium levels
 • low and flavor high!
