

Egg-cellent Fried Rice

Total Time: 40 minutes

Servings: 4



Ingredients

- 2 tablespoons of cooking oil
- 1 cup white rice, uncooked
- 3 tablespoons onion, minced
- ½ cup carrot, chopped or grated
- 2 cups water
- 4 eggs and 4 egg whites
- ¼ cup skim milk
- ½ cup peas
- 2 tablespoons low-sodium soy sauce

Directions

1. In a large frying pan over medium heat, cook rice, minced onion, and carrots in oil, stirring often until lightly browned.
2. Slowly add water. Reduce heat, cover and simmer until liquid is absorbed and rice is tender, about 20 minutes.
3. Beat eggs and egg whites in bowl. Stir in milk, peas, and soy sauce. Pour over hot rice mixture in frying pan.
4. Cook on medium heat. As mixture begins to thicken, gently draw a spatula across the bottom and sides of the pan, allowing the egg mixture to cook. Continue until eggs are firmly scrambled.
5. Transfer to a bowl and enjoy!