

# Veggie Fried Rice



# VEGGIE FRIED RICE

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## *ingredients*

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3 cups brown rice, cooked  
1 large onion, chopped  
1 cup cauliflower, grated  
1 cup frozen peas  
1/2 cup carrot, grated  
1 cup chopped veggies of your choice  
4 eggs  
2 tablespoons low-sodium soy sauce  
1 tablespoon canola oil

Optional:  
1/2 tsp garlic powder  
1 tsp black or white pepper

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## *directions*

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Mix garlic powder and pepper with soy sauce set aside. Heat oil in a large skillet over medium. Add onion and cook until tender. Add all other vegetables. Cook until warmed through and tender. Add rice and soy sauce mixture.

In a separate bowl, whisk eggs together. Push the rice mixture to the sides of the skillet. Add eggs to the middle and scramble until set. Stir eggs into the rice mixture. Serve hot.

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## *notes*

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Add additional protein with cooked chicken or shrimp!