

Dinner Tonight!

Easy Oriental Rice

1 Tablespoon oil	1/4 teaspoon salt
1/2 cup celery, washed and sliced	1/4 teaspoon garlic powder
1/4 cup onion, chopped	dash of pepper
3 cups frozen peas and carrots, thawed	1 egg, beaten
3 cups rice, cooked and chilled	3 Tablespoons low-sodium soy sauce

In a large non-stick skillet add oil, celery, and onion. Sauté for one minute and add peas and carrots to skillet. Add rice, salt, garlic powder, and black pepper to skillet and continue to cook on medium heat until flavors are blended, about 5 to 10 minutes. Add egg and soy sauce to skillet and mix well. Continue cooking until all liquid is absorbed. Serve immediately.

Preparation Time: 10 minutes
Cook Time: 15 minutes
Serves: 6 portions (2/3 cup each)

Nutrition facts per serving:
Calories: 171
Total Fat: 3 g
Cholesterol: 0 mg
Sodium: 436 mg
Total Carbohydrate: 32 g
Protein: 6 g

Serve with: Vegetable and chicken or beef stir-fry