

SHEET PAN FRIED RICE

SERVES: 8 | SERVING SIZE: 2/3 cup fried rice | PREP: 15 minutes | READY: 45 minutes

INGREDIENTS

- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons canola or peanut oil
- 1 tablespoon rice vinegar
- 2 teaspoons finely minced fresh gingerroot
- 1 teaspoon brown sugar
- 2 cloves garlic, minced
- 1/4 teaspoon black pepper
- 3 cups cooked brown rice
- 1 cup diced yellow onion
- 1 cup diced carrot
- 3/4 cup frozen peas
- Vegetable oil cooking spray
- 2 large eggs, beaten
- 3/4 cup sliced green onion, tops and bulbs



DIRECTIONS

Preheat oven to 400 degrees. In a small bowl, whisk together soy sauce, oil, vinegar, gingerroot, brown sugar, garlic, and black pepper. Remove 2 tablespoons of soy sauce mixture and set aside for later use.

In a large bowl, combine cooked rice, yellow onion, carrot, and peas. Add soy sauce mixture, minus reserved 2 tablespoons, to rice mixture and stir to coat. Spread rice mixture evenly over a large sheet pan coated with cooking spray. Bake for 20 minutes, stirring halfway through cooking process.

Remove sheet pan from oven and drizzle rice mixture with beaten eggs. Return rice to oven and cook an additional 5 minutes. Remove from oven and stir rice, breaking up any large pieces of cooked egg. Drizzle with reserved 2 tablespoons of soy sauce mixture and stir to coat. Add green onions, stir to combine, and serve.

NUTRITION INFORMATION PER SERVING

179 calories, 5 g total fat, 1 g saturated fat, 0 g trans fat, 44 mg cholesterol, 262 mg sodium, 27 g total carbohydrate, 3 g dietary fiber, 4 g total sugars, 0.5 g added sugars, 5 g protein, 1 mcg (6%) vitamin D, 24 mg (2%) calcium, 1 mg (6%) iron, 429 mg (10%) potassium

