# Health Tip of the Month

## Healthy Homemade Fried Rice

**Are you tired of spending money on greasy fried rice?**

Make fried rice at home. It is an easy low cost way to combine healthy whole grains and vegetables with little added fat and salt.

Use your leftover rice to create a delicious nutritious meal for yourself and your family.

## Fried Veggie Brown Rice

**Get your ingredients ready!**

- **2 cups of leftover cooked brown rice** and break apart any rice that is stuck together
- **2 cups of your favorite fresh or frozen mixed vegetables** cut into small pieces
- **1 scallion** cut scallion into small pieces.
- **2 scrambled eggs** already cooked

Sauté scallion pieces in 2/3 tablespoon of oil over medium heat. Then add mixed vegetables to the scallions and cook until the vegetables are tender.

Now mix the rice into the vegetables and cook together until the rice is warm and softened.

Then stir in the cooked scrambled eggs and mix eggs well with rice and vegetables.

**Be creative!** Add tofu, grilled chicken, or cooked diced shrimp. Use only a little low sodium soy sauce if you want to add any to your dish.

**Your fried rice is ready to eat!**

Cornell University
Cooperative Extension
New York City

**Worksite Wellness Initiative:** by Ou Xi, Intern
Teachers College, Columbia University 50:12/14
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