

Vegetable Fried Rice

2 cups rice or other grain, cooked

2 Tablespoons oil

½ cup celery

1/2 cup chopped onion

10 ounces of frozen vegetables or 3 cups fresh vegetables

1 Tablespoon reduced sodium soy sauce

Dash of pepper

Make 2 cups of rice using package directions. Heat oil in a skillet, and add celery and onion. Cook for 2 minutes. Add the vegetables to the pan. Keep stirring the vegetables until they are tender-crisp. Add the cooked rice, and sprinkle with soy sauce and pepper. Stir-fry for 2 more minutes until the rice is heated and the flavors are blended.

For a one skillet meal, add one cup of pre-cooked, diced chicken with the vegetables, and add an additional tablespoon of reduced sodium soy sauce.