



Summer Stir Fry Skillet Meal

Preparation time: 5 minutes

Cooking time: 10 minutes

Number of servings: 4

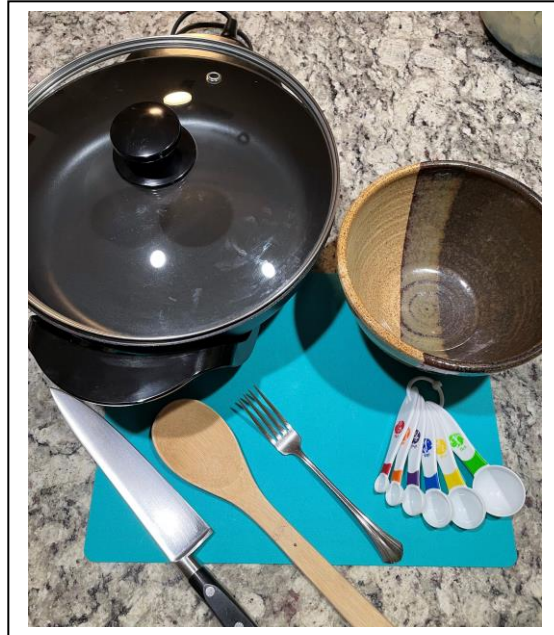
Ingredients

- 3 green onions
- 2 teaspoons canola oil
- 2 Tablespoons soy sauce (try low sodium soy sauce)
- 1 package (12 ounces) frozen mixed veggies (peas, green beans, corn, carrots)
- 4 eggs
- 1 package microwavable brown rice (8-9 ounces)



Supplies

- 1 electric skillet (or a large skillet)
- 1 cutting board
- 1 knife to chop the onions
- 1 medium bowl
- 1 fork
- Measuring spoons
- 1 wooden spoon or non-scratch utensil for stirring



Instructions

1. Gather your ingredients and supplies.
2. Wash your hands with soap and warm water for 20 seconds.
3. Dry hands with a paper towel or clean towel.
4. Crack the eggs and scramble in the bowl and set aside.
5. Wash the onions.
6. Chop the onions into small pieces.
7. Heat the electric skillet (or skillet) to medium for 1 minute.
8. Add 1 teaspoon oil to the skillet.
9. Add eggs to the skillet.
10. Scramble eggs, stirring frequently for 2-3 minutes.
11. Rinse the egg bowl with water.
12. Return the scrambled eggs to the bowl.
13. Add 1 teaspoon oil to the skillet and sauté the onions 2 minutes.
14. Add the vegetables and cook another 1 minute, stirring frequently.
15. Add the rice and cook another 1 minute, stirring frequently.
16. Add the eggs and cook another 1 minute, stirring frequently.
17. Add the soy sauce and mix well.
18. Divide into 4 servings and enjoy!

NUTRITION FACTS	
Servings: 4	
Serving Size	¼ recipe
Calories	196
Carbohydrate	24 grams
Protein	10 grams
Fat	7 grams
Fiber	3 grams
Sodium (milligrams)	379 milligrams