



Frozen Vegetable Scramble

Yields: 4 servings

Ingredients

- 1 cup of uncooked brown rice (or 3 cups of cooked rice)
- 1 tablespoon of canola oil or olive oil
- 1 onion, finely diced
- 2 eggs, beaten
- 1 tablespoon of low-sodium soy sauce
- 1 16-ounce bag of frozen vegetables

Instructions

1. Cook rice according to the instructions above. Let it cool.
2. Warm a large skillet over medium heat. Sauté the onion and frozen vegetables in oil until soft, around 3 to 4 minutes. Turn off the heat.
3. Move the vegetable mixture to the side and add eggs. Cook until the eggs are scrambled, and break into small pieces.
4. Add brown rice and soy sauce to the onion/egg skillet and cook for a few more minutes, until the rice is warmed through.