**Recipe card instructions:**
For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

### Vegetable Fried Rice
- 2 tablespoons vegetable oil
- ½ cup chopped celery
- ¼ cup chopped onion
- 1 (10-ounce) package frozen vegetables
- 2 cups cooked white or brown rice
- 1 tablespoon reduced-sodium soy sauce
- Dash pepper

Heat oil in a large frying pan. Add celery and onion; stir fry for 2 minutes. Add vegetables; stir until vegetables are tender-crisp. Add cooked rice. Sprinkle with soy sauce and pepper. Stir fry for 2 minutes until the rice is heated and the flavors are blended. Makes 4 servings.

Source: The Pennsylvania Nutrition Education Program

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**Vegetable Fried Rice**

Notes:
- Use reduced-sodium soy sauce to help keep sodium content low.
- This recipe is a good use of leftover cooked rice.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup (186g)</td>
<td>210</td>
<td>7g</td>
<td>33g</td>
<td>3g</td>
<td>4g</td>
</tr>
</tbody>
</table>

% Daily Value:
- Total Fat: 11%
- Total Carbohydrate: 11%
- Dietary Fiber: 12%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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