

Pork and Vegetable Fried Rice

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 5 servings | Serving Size: 1 cup

Ingredients

1 (8.8-ounce) package microwavable brown rice, cooked according to the package directions

Nonstick cooking spray

2 eggs, lightly beaten

2 teaspoons oil, divided

Pinch salt

½ pound boneless pork loin, cut into ½-inch pieces

½ pound pea pods, cut into 1-inch pieces

½ pound asparagus, cut into 1-inch pieces

1 red bell pepper, thinly sliced

6 scallions (green onions), cut into 1-inch pieces

1 clove garlic, minced

1 teaspoon ground ginger

4 teaspoons reduced-sodium (lite) soy sauce

2 tablespoons rice vinegar

1 teaspoon toasted sesame oil (optional)

Hot red pepper sauce (optional)

Directions

1. Coat a large nonstick wok or skillet with cooking spray and place over medium heat.
2. Once the pan is hot, add the eggs and cook, stirring gently, until they are just set, about 30-60 seconds. Transfer to a small bowl and set aside.
3. Heat 1 teaspoon of the canola oil in the same now-empty pan over medium-high heat.
4. Sprinkle the salt evenly over the pork.
5. Add the pork to the pan. Cook, stirring constantly, until browned on all sides, about 2 minutes. Transfer to the bowl with the cooked eggs and set aside.
6. Heat the remaining 1 teaspoon of oil in the same pan.
7. Add the pea pods and cook, stirring constantly, for 2 minutes.
8. Add the bell pepper, scallions, garlic, and ginger. Cook, stirring constantly, until just tender, about 2 minutes.
9. Add the cooked rice, soy sauce, and vinegar. Cook until the liquid is absorbed, about 30-60 seconds.
10. Fold in the cooked eggs and pork.
11. Remove from the heat, stirring in the sesame oil and/or hot sauce if desired.
12. Serve warm.

Recipe Notes

- Substitute any vegetables of your choice for the pea pods and bell peppers, or try chicken breast instead of pork.

Nutrition Facts Per Serving: Calories: 290 | Total Fat: 8 g | Saturated Fat: 1.5 g
Sodium: 200 mg | Total Carbohydrate: 35 g | Dietary Fiber: 3 g | Protein: 19 g

Adapted from www.smittenkitchen.com | Submitted by Jessica Long, MS, RDN
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