



## Egg Fried Rice

A delicious, easy-to-make Asian-inspired dish for those who are always on the go. This egg fried rice recipe combines scrambled eggs, rice, green onions, peas, and bean sprouts for a filling and satisfying meal that's perfect for vegetarians.

Serves 10 (1 serving = ½ cup)



### Ingredients

- 2 teaspoons dark sesame oil
- 2 eggs
- 2 egg whites
- 1 tablespoon canola oil
- 1 cup bean sprouts
- 1/3 cup green onions, chopped
- 4 cups cooked rice, cold
- 1 cup frozen peas, thawed
- 1/4 teaspoon ground black pepper

### Nutrition Per Serving

Calories	137 cal
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	37 mg
Sodium	38 mg

Carbohydrates	21 g
Protein	5 g
Phosphorus	67 mg
Potassium	89 mg
Dietary Fiber	1.3 g
Calcium	20 mg

### Directions

1. Combine the sesame oil, eggs, and egg whites in a small bowl. Stir well and set aside.
2. Heat canola oil in a large nonstick skillet over medium-high heat.
3. Add egg mixture and stir-fry until done.
4. Add bean sprouts and green onions. Stir-fry for 2 minutes.
5. Add rice and peas. Continue to stir-fry until heated thoroughly.
6. Season with black pepper and serve immediately.

*Recipe provided by Fresenius Kidney Care.*

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