

Veggie Fried Rice

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/green-peas-water-chestnuts-and-italian-dressing-recipe>

Ingredients:

- 2 eggs lightly beaten
- 1 tablespoon water
- 1 teaspoon peanut oil plus an extra 2 teaspoons if needed
- 2 1/2 tablespoons soy sauce
- 1 teaspoon sugar
- 1/2 inch ginger root peeled and finely diced
- 2 onions medium, finely diced
- 1 cup carrots finely diced
- 1 cup water chestnuts canned sliced
- 3/4 teaspoon salt
- 1 teaspoon peanut oil
- 3 scallions finely sliced, divided
- 10 ounces green peas
- 2 cups cooked brown rice
- 1 cup bean sprouts
- 3 leaves cabbage shredded
- 2 tablespoons chopped cilantro optional or to taste

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 105 milligrams
4. Fat: 6 grams
5. Fiber: 8 grams
6. Protein: 13 grams
7. SaturatedFat: 1 grams
8. Sodium: 1070 milligrams
9. Sugar: 10 grams

Thank you for visiting our website. Hope you enjoy Veggie Fried Rice above. You can see more 18 green peas water chestnuts and italian dressing recipe Dive into deliciousness! to get more great cooking ideas.