**Veggie Fried Rice**

**Scramble and cook 2 eggs. Cut up and add at the end, just before serving.**

**INGREDIENTS:**

**2 Tablespoons oil**

**1 cup shredded carrots**

**½ red bell pepper, chopped**

**½ cup green onion, chopped**

**4 cloves minced, garlic**

**3 cups cold brown rice**

**2 Tablespoons soy sauce**

**1 Tablespoon rice vinegar**

**1 cup frozen peas, thawed**

**\*\*\*OPTIONAL: chopped broccoli, edamame**

**DIRECTIONS:**

**In a large skillet, heat 1 Tablespoon of oil over high heat. Add the carrots, red pepper, green onion and garlic. Cook and stir about 5 – 7 minutes. Remove to plate.**

**Heat the remaining oil in the same skillet. Add the rice; cook and stir to heat through. Stir in the soy sauce, rice vinegar and peas, continuing to cook for several minutes. Return the vegetable mixture and the scrambled eggs to the skillet and stir to blend.**