

Cheesy VEGETABLE FRIED RICE



SERVES: 4



TOTAL TIME:
20 minutes



ESTIMATED COST:
\$4

INGREDIENTS

- 3 cups cooked rice (day-old works best),
- 2 cups frozen mixed vegetables, thawed,
- 3 eggs, beaten,
- 1 cup shredded cheddar,
- 3 tbsp soy sauce,
- 1 tbsp sesame oil or vegetable oil,
- 2 garlic cloves, minced,
- 2 green onions, sliced



INSTRUCTIONS

1

Heat oil in a large skillet or wok over high heat. Add garlic and cook 30 seconds.

2

Add vegetables and stir-fry for 2 minutes.

3

Push everything to one side. Pour in the beaten eggs and scramble until just set, then mix through the vegetables.

4

Add rice and soy sauce. Stir-fry everything together for 3 to 4 minutes until hot and slightly crispy.

5

Remove from heat, stir in cheese, and top with green onions.

