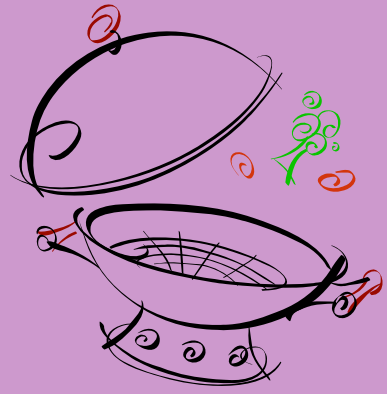


Vegetable Stir Fry



What you'll need:

- 2 tablespoons olive oil or vegetable oil
- 1 package of mixed vegetables OR stir fry vegetables*
- Low sodium soy sauce
- 2 cups brown rice*
- 1 egg*

Directions:

1. Make brown rice as directed on box/ packaging, set aside.
2. Add 1-2 tablespoons of oil to sauce pan over medium heat.
3. Add vegetables.
4. Cook vegetables until heated through.
5. Add in rice and egg.
6. Stir until egg is mixed well.
7. Serve with soy sauce, if desired.



*WIC approved food