

Fried Rice

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Wheat, Dairy**

1 container of tofu (drained and cubed) or 1 can of beans of choice

2 cups rice (cooked)

½ onion (chopped)

Frozen mixed vegetables of choice (stir-fry vegetables work well) (cooked)

2 TBLSP soy sauce

2 TBLSP olive oil

Garlic and pepper to taste

Heat the oil in a pan; add the onion and sauté until browned. Add the rice, vegetables, soy sauce and seasoning. Stir constantly until heated through. Serve warm.

Servings: 5 - 6 (\$1.38/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***