



VEGETABLE FRIED RICE FIESTA


QUICK INFORMATION

TIME

45 MIN

SERVES

4

CALORIES

190

VEGAN

RECIPE

VEGETARIAN

RECIPE

INGREDIENTS

- 1 box of Lundberg Organic Sprouted Vegetable Fried Rice
- 1 cup of fresh kale, chopped
- 2 tbsp red bell peppers, chopped
- 2 tbsp yellow bell peppers, chopped
- 3 tbsp dried apricots, chopped
- 2 tbsp slivered almonds, toasted

NUTRITIONAL FACTS

Serving Size: 4

AMOUNT PER SERVING

Calories 190 Calories from Fat 30

Total Fat 3g
 Saturated Fat 0g
 Trans Fat 0g

Cholesterol 0mg

Sodium 340mg

Total Carbohydrate 36g
 Dietary Fiber 4g
 Sugars 5g

Protein 5g

PREPARATION

Prepare Lundberg Organic Sprouted Vegetable Fried Rice according to the package instructions, then set aside and allow to cool.

Lightly toast almonds in toaster oven or in pan on top of the stove until golden brown.

Combine kale, peppers, apricots and cooled almonds. Add kale mixture to rice and combine together.

Notes: Lundberg Family Farms' Organic Sprouted Vegetable Fried Rice makes a super side dish - or you can easily transform into a main dish by adding cubed cooked chicken, sautéed shrimp, chunks of fish or your favorite beans, like garbanzo or black beans. Boosting protein could help you feel fuller longer without adding many calories. This dish is delicious served either hot or cold, making it pair perfectly with summer barbecues and picnics.

Be creative! Add a DIY touch by including a medley of fruits like cut grapes, cranberries, or dried plums or change up the veggies within to personalize Lundberg Family Farms' savory rice base.

And don't let the word "fried" in the name fool you — this dish is lower in calories than the traditional fried rice you'd find in a restaurant.

Enjoy!

Bonnie Taub-Dix MA, RDN, CDN