



Breakfast Rice Dish

Makes 6 servings

Ingredients

4 cups brown rice, cooked the night before
nonstick cooking spray
4 large eggs
1 tablespoon water
3 tablespoons canola oil
2 tablespoons minced garlic
4 cups baby spinach
freshly ground black pepper, diced green onion,
diced green pepper*

Directions

1. Spray pan with nonstick spray. Place on stove burner as it preheats to medium-high.
2. In a small bowl, mix together eggs and water. Add mixture to heated pan, tilting to coat the bottom. Cook until set. (Do not flip eggs.)
3. Remove egg from the pan and place on a cutting board. Cut into 1-inch pieces. Set aside.
4. Heat pan to medium heat. Add oil and garlic. Cook for 2 to 3 minutes. Add spinach. Cook 1 to 2 minutes more, until leaves slightly wilt.
5. Turn heat to high and add the cooked rice. Cook until rice is lightly browned. Add egg pieces and season with pepper, green onion, green pepper, etc., as desired.*
6. Serve warm.

*Option not included in nutrition facts.



TIP

Having rice as a side dish with dinner? Make extra brown rice to use in this recipe the next morning.

 = low sodium

 = gluten free

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Nutrition Facts

Serving Size 1 cup (194g)

Servings Per Container 6

Amount Per Serving

Calories 280 **Calories from Fat 100**

% Daily Value*

Total Fat 12g **18%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 125mg **42%**

Sodium 75mg **3%**

Total Carbohydrate 34g **11%**

 Dietary Fiber 3g **12%**

 Sugars 0g

Protein 8g

Vitamin A 15% • Vitamin C 4%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: egg

Carb choices per serving: 2