

Try our Healthier Alternatives!



Recipes for a Healthier Life!

Healthier Fried Rice

3 cups cooked whole grain brown rice

1 egg, scrambled

1/2 cup onion, finely diced

1/2 cup green or red pepper, finely diced

6oz lean ground beef (7% fat), cooked

2 Tbsp Olive oil

2 Tbsp Light soy sauce

Pepper, as desired

Directions: Heat oil in frying pan until you see bubbles. Toss rice in to fry then add egg, peppers, onions, beef, soy sauce and black pepper as desired. Serving: 1/2 cup each

Nutrition Facts: 192 calories, 8 grams of fat, 19g carb, 129mg sodium, 8 grams of fiber

What this means for you: 40% lower in calories, 50% lower in fat & sodium

Loaded Recipe:

3 cups white rice, cooked

1 egg, scrambled

1/2 cup onion, finely diced

1/2 cup green or red pepper, finely diced

8oz ground beef (chuck, 20% fat), cooked

2 Tbsp Olive oil

2 Tbsp soy sauce

Pepper, as desired

Nutrition Facts for loaded recipe: 315 calories, 16 grams of fat, 32grams of carb, 342mg sodium, 0 grams of fiber

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