



Fried Rice with Chicken

Makes: 4 servings (1 ½ cups per serving)

Preparation Time: 10 minutes

Cooking Time: 15 to 20 minutes

Ingredients

- 2 tablespoons vegetable oil
- 3 cups cooked and cooled brown rice*
- 1 carrot, diced
- ½ green pepper, diced
- ½ medium onion, diced
- ½ cup diced fresh broccoli
- 2 tablespoons soy sauce
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 2 eggs
- ¾ cup diced, cooked chicken or other meat*

Directions

1. Wash all vegetables.
2. Collect, dice, and measure all ingredients before starting to prepare the recipe.
3. Heat oil in a large skillet over medium heat.
4. Add cooked rice, and cook for 5 minutes, stirring regularly.
5. Stir in carrot, green pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender, but still crisp.
6. Remove rice and vegetable mixture from skillet. Put on a clean plate.
7. Break 2 eggs into a small bowl, and beat with a fork.
8. Reduce heat to medium low. Add the eggs to the skillet, and scramble.
9. Once the eggs are cooked, add vegetables and rice back to the skillet, and mix. Add cooked chicken, and stir until thoroughly heated.
10. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

* This is a great recipe if you have leftover cooked rice or chicken. If you don't have these on hand, cook them before starting the recipe. Cook the necessary amount of rice according to package directions. Cook ¾ cup of raw, small pieces of meat in 2 teaspoons of vegetable oil over medium heat until fully cooked.

Nutrition Facts	
4 servings per container	
Serving size	1 1/2 Cups (275g)
Amount Per Serving	
Calories	330
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 570mg	25%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Vitamin D 1mcg	4%
Calcium 65mg	4%
Iron 2mg	10%
Potassium 517mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Grilled Quesadilla with Vegetables

Makes: 8 servings (1 quesadilla per serving)

Preparation Time: 10 minutes

Cooking Time: 20 to 30 minutes

Ingredients

Nonstick cooking spray
 1 medium zucchini, diced
 ½ broccoli head, diced
 1 green pepper, diced
 1 medium onion, minced
 1 carrot, peeled and grated
 16 (6 inch) flour tortillas
 12 ounces cheese, shredded (3 cups shredded)
 Salsa (optional)

Directions

1. Wash all vegetables.
2. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe.
3. Spray a large skillet with cooking spray. Add zucchini, broccoli, green pepper, onion, and carrot. Cook vegetables on medium heat for 4 to 5 minutes, stirring frequently. Remove vegetables from skillet, and put on a clean plate.
4. Spray skillet with cooking spray again, and place 1 tortilla in the skillet. Top with ½ cup vegetables and ⅓ cup cheese.
5. Place a second tortilla on top. Cook on medium low heat for 2 to 3 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
6. Use a metal turner to flip the quesadilla. Cook for another 2 to 3 minutes or until tortilla browns.
7. Repeat steps 4 through 6 to make additional quesadillas.
8. Cut each quesadilla in half or quarters, and serve hot with your favorite salsa or other toppings.
9. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Add other leftover veggies or use whole grain tortillas for added fiber and nutrients.

Nutrition Facts

8 servings per container	
Serving size 1 Quesadilla (194g)	
Amount Per Serving	
Calories	370
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 650mg	28%
Total Carbohydrate 45g	16%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 5mcg	25%
Calcium 451mg	35%
Iron 3mg	15%
Potassium 451mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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