

## **VEGETABLE FRIED RICE**

*Simply Light Cooking (from the kitchens of Weight Watchers)*

NL 4-06

7/5/03

Makes 4 servings

1 tbsp plus 1 tsp. peanut oil  
1 cup chopped onions  
1 tbsp minced pared gingerroot  
2 garlic cloves, chopped  
2 cups coarsely chopped Chinese cabbage  
½ cup julienne-cut carrot  
½ cup julienne-cut red bell pepper  
1 ½ cup cooked long-grain rice  
1 packet instant vegetable broth and seasoning mix, dissolved in ¼ cup hot water  
2 tbsp reduced-sodium soy sauce  
2 tbsp dry sherry  
¼ pound firm-style tofu, cubed  
½ cup frozen peas  
2 large eggs well beaten (or ½ cup egg substitute)  
2 tbsp sliced scallion (green onion)

1. In 10-inch nonstick skillet or wok heat oil; add onions, gingerroot, and garlic and cook over high heat, stirring quickly and frequently, until onions are translucent, about 1 minute.
2. Add cabbage, carrot, and bell pepper and cook, stirring quickly and frequently, until cabbage softens, about 5 minutes.
3. Add rice, dissolved broth mix, the soy sauce, and sherry and stir to combine; bring mixture to a boil. Add tofu and peas and cook until thoroughly heated, about 2 minutes.
4. Drizzle egg over vegetable-rice mixture, stirring well to combine. Cook until egg is set. Sprinkle with scallion.

*About 258 Calories per serving*