Microwave "Fried" Rice

**PREP TIME:** 5 MINUTES

**TOTAL TIME:** 15 MINUTES

**INGREDIENTS:**
- 1/2 CUP RICE (WHITE OR BROWN)
- 1 CUP WATER
- 1 TBSP SOY SAUCE
- 1 TSP SESAME OIL
- 2 STRIPS BACON*
- 1/2 CUP FROZEN PEAS AND CARROTS (ANY VEGGIE OF CHOICE)
- 2 EGGS
- SALT, TO TASTE

**PREPARATION:**
1. IN A BOWL, COMBINE THE RICE, WATER, SOY SAUCE, SESAME OIL, AND BACON. STIR, THEN MICROWAVE COVERED FOR ABOUT 6–8 MINUTES.
2. MIX THE PEAS AND CARROTS INTO THE RICE.
3. IN A MICROWAVEABLE MUG, BEAT THE EGGS WITH SALT AND MICROWAVE FOR 1–2 MINUTES.
4. BREAK UP THE EGGS INTO SMALL BITS, THEN MIX INTO THE RICE.
5. ENJOY!

**DID YOU KNOW?**
- THIS MEAL CONTAINS ALL THREE MACRONUTRIENTS: PROTEIN (MEAT/EGG), FAT (EGG/OIL), AND CARBOHYDRATES (RICE & VEG)
- A BALANCED MEAL KEEPS YOU FULLER FOR LONGER AND ENERGIZED TO TAKE ON THE DAY

*TRY SWITCHING OUT THE BACON FOR ANY OTHER PRE-COOKED PROTEIN SOURCE – TRY SLICED CHICKEN, EDAMAME, OR TOFU!

SOURCE: HTTPS://TASTY.CO/RECIPE/MICROWAVE-FRIED-RICE