



# 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

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

## 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