

Spicy Vegetable Fried Rice

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White Bean Veggie Soup

Ingredients

- 1 1/2 cups frozen broccoli stir-fry (such as Birds Eye)
- 1 cup frozen shelled edamame (green soybeans)
- Cooking spray
- 1/2 cup egg substitute
- 2 teaspoons dark sesame oil
- 2 teaspoons bottled minced garlic
- 1/4 teaspoon crushed red pepper
- 2 (8.8-ounce) pouches microwaveable cooked brown rice (such as Uncle Ben's Whole Grain Brown Ready Rice)
- 2 1/2 tablespoons low-sodium soy sauce
- Toasted sesame seeds (optional)
- Sliced green onions (optional)

Preparation

1. Combine broccoli stir-fry and edamame in a microwave-safe bowl. Microwave at HIGH 2 minutes or until thawed; set aside.
2. While vegetables thaw, heat a large nonstick skillet over medium-high heat; coat pan with cooking spray. Add egg substitute; cook 2 minutes, stirring frequently, until scrambled. Remove from pan. Wipe pan with paper towels.
3. Heat sesame oil in pan over medium-high heat; add garlic and crushed red pepper. Cook 1 minute or until fragrant. Stir in vegetables and rice; cook 2 minutes or until thoroughly heated. Stir in soy sauce and reserved egg. Garnish with sesame seeds and onions, if desired.

