



Tuna Fried Rice

Makes 6 servings | **Grains** | **Protein** | **Vegetable**

Ingredients

- 3 - 4 green onions, sliced
- 2 Tablespoons canola oil
- 2 eggs, beaten
- 1 11-ounce tuna pouch or 2 5-ounce tuna cans
- 3 cups cooked brown rice
- 2 Tablespoons low-sodium soy sauce

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. If rice is not cooked, follow directions on package and cook it first.
3. In a skillet or electric skillet, cook green onions in oil until tender. Add egg and cook to a scrambled egg consistency.
4. Increase heat to high. Add rice, eggs, tuna, and soy sauce. Stir constantly until rice is heated through.

Variation

Add Veggies- In step 4, add 1 ½ cups of diced vegetables, canned or fresh, or, 1 10-ounce bag of frozen vegetables.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/> 1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwyo.edu