

# Juna Fried Rice

## Makes 6 servings | Grains | Protein | Vegetable

## Ingredients

- 3 4 green onions, sliced
- 2 Tablespoons canola oil
- 2 eggs, beaten
- 111-ounce tuna pouch or 25-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 1½ 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

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