

Healthy Recipe: Veggie Fried Rice

It is a crowd-pleaser, and with plenty of fiber and nutrient-packed veggies, it's oh-so-much healthier than takeout.

June 5, 2026 By Cook for Your Life

Why get takeout when you could whip this up at home? This veggie fried rice is a great stand-by if you have leftover brown rice in the fridge or freezer. It is a crowd-pleaser, and with plenty of fiber and nutrient-packed veggies, it's oh-so-much healthier than takeout.

4 servings

20 minutes prep

17 ingredients

Ingredients

- 2 eggs, lightly beaten
- 1 tablespoon water
- 1 teaspoon plus 3 tablespoons peanut or canola oil (plus extra if needed)
- 2½ tablespoons soy sauce
- 1 teaspoon sugar
- ½ inch ginger root, peeled and minced
- 2 medium onions, finely diced
- 1 cup carrots, finely diced
- 1 cup canned sliced water chestnuts
- ¾ teaspoon salt
- 1 teaspoon peanut or canola oil
- 2 to 3 scallions, finely sliced, divided
- 1 (10 ounce) bag of green peas

- 2 cups cooked [Brown Rice](#)
- 1 cup bean sprouts
- 2 to 3 large leaves of cabbage, shredded
- 2 tablespoons chopped cilantro (or to taste, optional)

Directions

1. Whisk the eggs, water, and salt together in a small bowl. Heat 2 teaspoons of oil in a skillet over a medium-high heat. Pour the eggs into the pan. Tip the pan side-to-side to quickly spread the eggs into a thin omelet. When the eggs have just set, slide onto a plate. Roll, cut into ¼-inch strips, and then cut across into a dice. Set aside.
2. In a small bowl, mix the sugar and soy sauce and stir until the sugar has dissolved. Set aside.
3. Heat the remaining 3 tablespoons of oil in a wok or wide skillet over a medium-high heat. Add the minced ginger. Let it sizzle for a few minutes, then add the onion, carrots, and water chestnuts. Stir fry until they start to soften.
4. While the onions and vegetables are cooking, heat 1 teaspoon oil in a small saucepan. Add half of the scallions, let them sizzle for a second, then add the frozen peas plus 2 teaspoons of water. Cover and cook until the peas are tender. Set aside.
5. Add the diced eggs and the soy sauce mixture to the vegetables. Cook, stirring until they are well coated. Add the cooked rice and stir to mix. Add the peas and scallions, along with any water from the pot. Stir to mix. Cook until the rice has heated through.
6. Add the remaining scallions, the shredded cabbage, bean sprouts, and cilantro. Toss together until well mixed. Once the cabbage has wilted, check for seasoning. Serve immediately.

Chef Tips

Dishes like these are fantastic ways to empty your fridge of leftovers. You can put in anything you like. If you are vegan, instead of eggs, use firm tofu cut into a small dice. If you are a carnivore, add shredded chicken in step 3 with the onion and carrots. Add diced bell pepper at step 3, too, if you have some to spare.

Nutrition Facts (per serving)

Calories: 389; Fat: 16g; Saturated Fat: 2g; Polyunsaturated Fat: 5g; Monounsaturated Fat: 9g; Carbohydrates: 51g; Sugar: 12g; Fiber: 10g; Protein: 12g; Sodium: 922mg

Registered Dietitian Approved

Our recipes, articles, videos, and more content are reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [Oncology Nutrition for](#)

Clinical Practice, 2nd Ed., published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the **Academy of Nutrition and Dietetics**, and the **American Institute for Cancer Research** and the **American Cancer Society**.

This recipe was originally published on [Cook for Your Life](#). It is used by permission.