



June 2026

Vegetable Fried Rice

Ingredients:

- 1 ½ Tablespoons vegetable or canola oil
- 3 eggs, lightly beaten
- ½ Cup chopped onion (about ½ onion)
- ½ teaspoon garlic powder
- 3 Cups cooked brown rice (instant or regular)
- 2 Cups frozen vegetables, thawed
- 1 Tablespoon low-sodium soy sauce
- Pepper (optional)

Directions:

1. Heat ½ Tablespoon of the cooking oil in a large skillet over medium heat.
2. Pour the eggs into the skillet. Cook without stirring until eggs are completely cooked, about 2 to 3 minutes. Remove the eggs to a plate and cut into strips. Set aside.
3. Return the skillet to the burner and add the remaining oil. Heat to medium high and add the onion and garlic powder. Cook, stirring occasionally until softened.
4. Stir in the rice, vegetables, and soy sauce. Heat and stir occasionally.
5. Add the egg strips and heat through. Sprinkle with pepper.

Baked Pita Chips

Ingredients:

- 2 Whole wheat pitas, large (about 6 ½")
- 1 Teaspoon olive oil
- 1 Teaspoon Italian seasoning

Directions:

1. Preheat oven to 350 degrees F.
2. Cut pitas into eighths (like a pizza.)
3. Mix olive oil and Italian seasoning in a bowl.
4. Brush oil mixture on pitas.
5. Line a baking sheet with foil.
6. Spread pitas in a single layer on baking sheet.
7. Bake for 15 minutes, or until golden brown.
8. Let cool for 15 minutes before serving.

Garden Salsa

Ingredients:

- 3 Tomatoes, chopped
- 1 Green pepper, chopped
- 1 Onion, chopped
- 2 Cloves garlic, minced
- 1 Tablespoon vinegar
- 1 Teaspoon canola oil
- 1 Teaspoon cumin

Directions:

1. Toss all ingredients in a bowl.
2. Refrigerate in a covered container until ready to serve.