

Fried Rice

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Serves: 8

Ingredients:

- 3 cups cooked rice
- 1 tbsp. olive oil or sesame oil
- 1 small white onion, chopped
- 1 cup frozen peas and carrots, thawed
- 2-3 tbsp. soy sauce
- 2 eggs, lightly beaten
- 2 tbsp. chopped green onions



Directions:

1. Preheat a large skillet or wok to medium heat. Pour oil in the bottom. Add white onion, peas, carrots and fry until tender.
2. Slide the onion, peas and carrots to the side, and pour the beaten egg onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.
3. Add the rice to the veggie and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined. Add chopped green onion if desired.

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