

Fried Rice

Serve this fried rice with your favorite recipe instead of plain rice.

3 Tb. peanut or vegetable oil, separated
2 eggs
4 green onions with tops, sliced

1/2 lb. clean small shrimp;
pork; beef; or chicken, cooked

1 cup frozen green peas or
pea pods, sliced diagonally

1 (4 oz.) can water chestnuts, sliced
1/2 cup roasted cashews
1 clove garlic, minced

3-1/2 to 4 cups cold cooked white rice
1/4 cup soy sauce



Using Wok, heat 1 Tb. of oil over medium-high heat.
Add eggs with onion and scramble. Remove from Wok.

Heat 1 Tb. oil. Add cooked shrimp; pork; beef; or chicken with peas, water chestnuts, and cashews. Sir-fry 3 minutes; add garlic and cook for 1 minute more. Remove from Wok.

Heat last 1 Tb. of oil. Add rice stirring to heat. Stir in soy sauce until well mixed.
Add meat mixture, and egg mixture.

Stir mixtures gently to combine all ingredients and heat through.

Yield: 6 servings.

NOTE: Fried Rice can be stored in 2-quart casserole in refrigerator. The cashews are optional and do not have to be included in the recipe. If shrimp, pork, beef, or chicken are not cooked, cook them in the Wok before you start this recipe.