

Fried Rice

Ingredients:

2 to 3 cups cold, leftover rice OR
2 cups water
1 cup white rice

3 Tbsp vegetable oil
2 eggs, beaten
2 cloves garlic, chopped
1 inch fresh gingerroot, minced or grated
½ cup shredded carrots
½ bell pepper, diced
4 scallions, thinly sliced on an angle
½ cup frozen peas
¼ to 1/3 cup soy sauce

Directions:

Bring water to a boil. Add rice, reduce heat, cover and cook over medium – low heat until tender, 15 to 18 minutes. Spread rice on a cookie sheet to quick cool it.

Heat a wok or large nonstick skillet over high heat. Add 1 tablespoon oil to the pan. Add eggs and scramble, then move them off the pan and then add a little more oil to the center. Add garlic and ginger, then carrots, pepper and scallions and quick fry veggies, 2 minutes. Add rice and combine with veggies. Add the scrambled eggs back in and continue to cook another 2 or 3 minutes. Add peas and soy sauce and stir fry 1 minute more, then serve.

