

# Egg Fried Rice

*RECIPE FROM: COOKING LIGHT*

## Ingredients

- 2 teaspoons dark sesame oil
- 2 eggs
- 2 egg whites
- 1 tablespoon vegetable oil
- 4 cups cold, cooked rice
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 1/3 cup preferred vegetables chopped small or this recipe recommended the following:
  - 1 cup frozen green peas, thawed
  - 1 cup bean sprouts
  - 1/3 cup chopped green onions

## DIRECTIONS:

*Note: You have to pre-cook rice and cool it, and also wash, peel, and chop up vegetables before starting this recipe.*

*Equipment: Wok or Skillet.*

- Combine the 2 teaspoons dark sesame oil \_\_\_\_, 2 eggs plus 2 egg whites \_\_\_\_ in a small bowl; stir well, and set aside \_\_\_\_.
- Heat 1 tablespoon vegetable oil in a large nonstick skillet or wok over medium-high heat \_\_\_\_.
- Add egg mixture into the heated skillet or wok, and stir-fry 2 minutes \_\_\_\_.
- Add 4 cups cold cooked rice; stir-fry an additional 3 minutes \_\_\_\_.
- Add 2 1/3 cup chopped vegetables \_\_\_\_, 3/4 teaspoon salt \_\_\_\_, and 1/4 teaspoon ground pepper \_\_\_\_; then stir-fry an additional 5 minutes. \_\_\_\_
- Serve immediately. ENJOY!

## Cooking White Rice for the Egg Fried Rice Recipe

- In a saucepan, combine 2.5 cups of water, 1.5 cups of rice and 2 Tablespoons of butter.
- Bring to a boil
- Reduce heat to low, cover and let simmer 15-20 min or until all the water is absorbed. *Stir frequently.*
- Fluff with a fork or spoon.
- Put into a bowl and cover with foil. Label and put in the refrigerator. *- let cool, then*