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.