

Fried Rice

⅔ C. Brown Rice, cooked
⅓ C. White Rice, cooked
¼ C. Onion
2 Carrots

⅓ C. Peas, frozen
4 Mushrooms
1 Egg
1 T. Vegetable Oil

Cut onion, carrots, and mushrooms into slices. Put 1 Tbsp. oil into a non-stick fry pan and heat on medium heat, then add onion and stir with a wooden spoon until tender, about 4 minutes.

Add the carrots, peas, and mushrooms to the pan and continue stirring gently until the rice is lightly fried. Season with salt, pepper, and onion salt.

Place the fried rice aside. Crack the egg and beat with a fork until the yolk breaks. Pour egg into the frying pan and scramble. Add rice mixture back into the pan and stir gently.

* Cooked ham or chicken can also be added to this dish.

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