

Easy Fried Rice

INGREDIENTS

- 2 tablespoons soy sauce
- 2 tablespoons oyster sauce (optional)
- 1/2 teaspoon garlic powder
- 4 tablespoons oil or butter, divided
- 1 cup diced frozen onions, thawed
- 2 cups frozen vegetables, thawed (peas, carrots)
- 4 cups cooked rice, cold
- 2-3 eggs, beaten
- 2 teaspoons toasted sesame oil
- 2 tablespoons sesame seeds (optional)

DIRECTIONS

1. In a small bowl, combine soy sauce, oyster sauce, and garlic powder. If not using oyster sauce, use 3 tablespoons of soy sauce. Set aside.
2. Heat a large non-stick skillet over medium-high heat. Add 1 tablespoon of butter or oil to the pan.
3. Add vegetables. Saute vegetables until most of the moisture has evaporated. Push vegetables to the side of the pan.
4. Add 1 tablespoon of oil or butter, if the pan is dry. Add rice to the pan and toast rice lightly, stirring occasionally. Push rice to the side of the pan with vegetables.
5. Add 1 tablespoon of oil or butter to the pan. Add beaten egg to pan and stir until mostly cooked through, about 45 seconds. Stir everything together.
6. Pour soy sauce mixture over everything in the pan. Cook 2-3 minutes until heated through, tossing all ingredients thoroughly.
7. Drizzle sesame oil over the top, toss one last time and remove from heat. Garnish with sesame seeds before serving.

TIPS AND SUGGESTIONS:

- Long-grain white rice, like Jasmine rice, works best.
- Cold rice will give the best results. Cook rice the day before and store in the fridge (or use rice leftover from another meal). If using store-bought cooked rice, place rice package in fridge the night before.
- If cooking rice to use the same day: spread cooked rice out on two baking sheets to cool before using.
- Add additional protein for a heartier meal: edamame, tofu, chopped deli meat, bacon, leftover protein.
- Replace most of the the frozen vegetables with fresh vegetables: 1 small onion, 2-3 cloves of garlic, 2 medium carrots diced, 4-8 ounces frozen peas, no need to thaw. Fresh vegetables will take longer to cook.

