

## Easy Fried Rice

- ◆ 3-4 Cups Cooked Rice
- ◆ 2 medium carrots – small diced
- ◆ 1 small-medium onion – finally diced
- ◆ 1 teaspoon minced garlic
- ◆ 1 cup fresh or frozen peas
- ◆ 3 Large eggs
- ◆ 2 T. Oil
- ◆ 1 T. Butter or vegetable spread
- ◆ 1 T. Soy Sauce
- ◆ 1 small can Water Chestnuts

### Step One

- Mise En Place ingredients

### Step Two

- Place carrots in vegetable steamer and steam 3 minutes until tender. Set aside.

### Step Three

- Crack eggs into a small glass or bowl. Wisk well and set aside.

### Step Four

- Heat oil in large sauté pan – add onion and sauté until golden brown.
- Add garlic and sauté one additional minute.

### Step Five

- Add butter to the pan – allow to melt.
- Add cooked rice and coat with butter and onion/garlic mixture.

### Step Six

- Push the rice to one side and add half of the egg mixture and scramble!
- Mix cooked egg with rice.
- Push the rice to one side and add half of the egg mixture and scramble again.
- Mix cooked egg with rice.

### Step Seven

- Add the soy sauce.
- Add the carrots, peas and water chestnuts
- Season to taste
- Serve and Enjoy!

