

Fried rice

originally called for 3 cups cooked rice but did not have any real flavor. I regularly use onion in lieu of scallions.

4	scallions (white and green), thinly sliced	3	Tbs	soy sauce
1/3 cup	minced carrot	1	tsp	toasted sesame oil
1	large clove garlic, minced	1 1/2	cups	cooked long-grain rice
	pinch red chile flakes	3/4	cup	frozen peas, defrosted in a strainer at room temperature
1	tsp minced peeled fresh ginger			

Procedure

- 1 Stir fry the scallions, garlic, ginger, carrots and red pepper flakes until onion is cooked and carrots are soft.
- 2 Mix the soy sauce and sesame oil.
- 3 Add rice to the onion/carrot mix and pour soy sauce mix on top and mix thoroughly. Add the peas stirring until heated through.

Servings: 5

Yield: 1/2 cup per serving

Nutrition Facts

Nutrition (per serving): 98 calories, 10 calories from fat, 1.2g total fat, 0mg cholesterol, 336mg sodium, 139.4mg potassium, 18.5g carbohydrates, 1.7g fiber, 1.7g sugar, 3.4g protein.

Fried rice for a crowd

This is my recipe x 5

1	onion finely chopped	5	tsp	toasted sesame oil
1 2/3	cup minced carrot	7.5	cups	cooked long-grain rice
5	tsp garlic, minced			
1/2	tsp red chile flakes	3 3/4	cup	frozen peas, defrosted in a strainer at room temperature
5	tsp minced peeled fresh ginger			
1 1/4	cup soy sauce			

Procedure

- 1 Stir fry the onion, garlic, ginger, carrots and red pepper flakes until onion is cooked and carrots are soft.
- 2 Mix the soy sauce and sesame oil.
- 3 Add rice to the onion/carrot mix and pour soy sauce mix on top and mix thoroughly. Add the peas stirring until heated through.

Servings: 26.5

Yield: 1/2 cup per serving

Nutrition Facts

Nutrition (per serving): 85 calories, 9 calories from fat, 1.1g total fat, 0mg cholesterol, 50.4mg sodium, 74.7mg potassium, 16.2g carbohydrates, 1.3g fiber, 1.3g sugar, 2.4g protein.