Healthy Eating

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Fried Rice from the Fridge

Serves 2

Here's a quick one-dish meal that can be made from ingredients easily available from your refrigerator. Scrambling and removing the eggs and then adding them back into the rice assures nice fluffy pieces of egg that are cooked until no longer runny. A nice addition to this dish is stirring in sliced green onion just before serving. This recipe is easy to adapt for various numbers of people.

- 2 eggs
- 1 tablespoon cooking oil
- 2 cups cold cooked brown rice (see related link below)
- 1 cup frozen peas, thawed
- 2 tablespoons almonds, chopped or slivered
- Low sodium soy sauce or low sodium teriyaki sauce

1. Beat eggs together. In a skillet over medium heat, heat the cooking oil until just hot enough to sizzle a drop of water. Add the egg mixture and cook without stirring until they begin to set. At this point, the American Egg Board recommends, "As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large, soft curds. Continue cooking until eggs are thickened and no visible liquid egg remains. Do not stir constantly." Source: www.aeb.org/Recipes/BasicPreparation/ScrambledEggs.htm
2. Remove eggs from the pan and set aside.
3. Add rice to the pan and cook until heated through, stirring occasionally.
4. Stir in peas and scrambled eggs; cook until heated through, stirring occasionally.
5. Mix in almonds.
6. Serve hot. Pass the soy or teriyaki sauce so guests may suite their individual tastes.

Related Links

- Now You're Cooking with Brown Rice
  < http://lancaster.unl.edu/food/ciq-brown-rice.shtml >
- Toasting Nuts or Seeds Using Microwave, Oven or Stove-Top
  < http://lancaster.unl.edu/food/ciq-toasted-nuts-seeds.shtml >

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