

FRIED RICE

This is a great dish to use up any leftover meat and vegetables you may have in your refrigerator.

INGREDIENTS:

- 1 teaspoon + 1 tablespoon vegetable oil
- 2 eggs, beaten
- 5 green onions, trimmed and chopped
- 1 cup diced ham
- 1 tablespoon minced fresh ginger
- 4 shiitake mushrooms, diced
- ½ cup frozen peas
- 1 green, yellow or red sweet pepper, stemmed, de-
ribbed and diced
- 4 cups cooked rice (see Note)
- Salt and pepper to taste
- 1 tablespoon soy sauce, or to taste

INSTRUCTIONS: Heat a nonstick wok over medium heat. Add 1 teaspoon vegetable oil. Add the eggs and scramble in the hot wok until they separate into small pieces. Remove and set aside.

Add the remaining tablespoon of oil to the wok and place over high heat. Add the green onions and ham; stir-fry for 2 minutes.

Add the ginger, mushrooms, peas and peppers; stir-fry for 2 minutes.

Add the rice, salt and pepper; stir-fry for 2 minutes, using the spatula to break up the rice.

Mix in the reserved cooked egg. Drizzle the soy sauce along the outer edge of the wok; stir-fry for 30 seconds, or until the color and ingredients look evenly distributed throughout the rice. Serve hot.

Serves 4.

Note: If using leftover rice, sprinkle with a little water, cover, and microwave for 1 minute to prevent sticking

PER SERVING: 365 calories, 16 g protein, 54 g carbohydrate, 9 g fat (2 g saturated), 122 mg cholesterol, 797 mg sodium, 2 g fiber.