

Fried Rice

- 1 ½ Tbs.oil
- ¼ c. chopped scallions (green onions)
- ¼ c. chopped water chestnuts
- ½ c. peas
- ½ c. diced carrots
- ½ c. bean sprouts – fresh or canned
- ½ c. chopped mushrooms – fresh or canned
- 1 egg
- 3 c. cooked, chilled rice
- 3 Tbs. soy sauce
- 1/4 tsp. chili pepper flakes (optional for heat)

In a large skillet cook water chestnuts, pepper flakes and vegetables in oil. Cook about 5 minutes on a medium heat. Add egg, stir well with other ingredients. Cook 4 more minutes.

Stir in chilled rice and soy sauce. Cook five more minutes. Serve with additional soy sauce for individual taste.

Variations: omit some vegetables and add others, add cooked chicken or pork.