

Basic Fried Rice

This recipe calls for chop sticks!

6 servings

Ingredients:

- 1 to 2 tablespoons vegetable oil
- 3/4 cup chopped onion
- 4 cups cooked rice
- 2 beaten eggs
- 2 tablespoons soy sauce
- 1/4 teaspoon pepper

Directions:

1. Heat oil on high heat for 1 minute in a wok or nonstick large skillet.
2. Add onion and cook, stirring until softened. Add rice and stir-fry.
3. Make a well in center of rice and add remaining ingredients. Stir until eggs are scrambled and then stir-fry eggs into the rice until thoroughly blended.

Nutrition Facts: One 3/4 cup serving provides 230 calories, 5g total fat, 70mg cholesterol, 460mg sodium, 38g total carbohydrate

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Research and Extension. This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call (800)221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Basic Fried Rice
Egg Roll
Peas
Low Fat Milk

Basic Fried Rice

This recipe calls for chop sticks!

6 servings

Ingredients:

- 1 to 2 tablespoons vegetable oil
- 3/4 cup chopped onion
- 4 cups cooked rice
- 2 beaten eggs
- 2 tablespoons soy sauce
- 1/4 teaspoon pepper

Directions:

1. Heat oil on high heat for 1 minute in a wok or nonstick large skillet.
2. Add onion and cook, stirring until softened. Add rice and stir-fry.
3. Make a well in center of rice and add remaining ingredients. Stir until eggs are scrambled and then stir-fry eggs into the rice until thoroughly blended.

Nutrition Facts: One 3/4 cup serving provides 230 calories, 5g total fat, 70mg cholesterol, 460mg sodium, 38g total carbohydrate

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Research and Extension. This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call (800)221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Basic Fried Rice
Egg Roll
Peas
Low Fat Milk

Basic Fried Rice

This recipe calls for chop sticks!

6 servings

Ingredients:

- 1 to 2 tablespoons vegetable oil
- 3/4 cup chopped onion
- 4 cups cooked rice
- 2 beaten eggs
- 2 tablespoons soy sauce
- 1/4 teaspoon pepper

Directions:

1. Heat oil on high heat for 1 minute in a wok or nonstick large skillet.
2. Add onion and cook, stirring until softened. Add rice and stir-fry.
3. Make a well in center of rice and add remaining ingredients. Stir until eggs are scrambled and then stir-fry eggs into the rice until thoroughly blended.

Nutrition Facts: One 3/4 cup serving provides 230 calories, 5g total fat, 70mg cholesterol, 460mg sodium, 38g total carbohydrate

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Research and Extension. This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call (800)221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Basic Fried Rice
Egg Roll
Peas
Low Fat Milk

Basic Fried Rice

This recipe calls for chop sticks!

6 servings

Ingredients:

- 1 to 2 tablespoons vegetable oil
- 3/4 cup chopped onion
- 4 cups cooked rice
- 2 beaten eggs
- 2 tablespoons soy sauce
- 1/4 teaspoon pepper

Directions:

1. Heat oil on high heat for 1 minute in a wok or nonstick large skillet.
2. Add onion and cook, stirring until softened. Add rice and stir-fry.
3. Make a well in center of rice and add remaining ingredients. Stir until eggs are scrambled and then stir-fry eggs into the rice until thoroughly blended.

Nutrition Facts: One 3/4 cup serving provides 230 calories, 5g total fat, 70mg cholesterol, 460mg sodium, 38g total carbohydrate

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Research and Extension. This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call (800)221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Basic Fried Rice
Egg Roll
Peas
Low Fat Milk