Fried Rice
Makes 4 - 1 cup servings

Ingredients:
2 large eggs
1½ tablespoons vegetable oil
1 small onion, finely chopped
½ cup celery or green pepper, finely chopped
4 cups cold cooked brown rice
2 tablespoons light soy sauce

Note: This recipe can also be made with diced ham or cooked skinless chicken.

Directions:
1. Beat the eggs in a small bowl. Heat ½ tablespoon of the oil in a frying pan. Cook the eggs in the pan, breaking them into small pieces with a fork. Place in a clean bowl for later use.
2. Cook onions, celery or green pepper in 1 tablespoon of hot oil for 2 minutes.
3. Add cooked rice, the scrambled egg pieces, cooked diced ham or chicken (if desired) and soy sauce. Mix well. Cook over a low heat until warmed through.

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection