**Fried Rice**

*Prep Time: 10 mins Total Time: 28 mins Servings: 4*

**Idea: Along with the other vegetables, add some raw broccoli slaw, undressed coleslaw, or other finely chopped vegetables to make this more nutritious, or to extend it.**

* 3/4 cup finely chopped onion
* 2 1/2 tablespoons vegetable oil
* 2 eggs, lightly beaten ( or more eggs if you like)
* 3 drops soy sauce
* 3 drops sesame oil
* 8 ounces protein (firm tofu, cooked chicken etc, chopped)\*
* 1/2 cup finely chopped, or grated carrot
* 1/2 cup frozen peas, thawed
* 4 cups cold cooked brown rice, grains separated (preferably medium grain)
* 4 green onions, chopped
* 2 cups fresh bean sprouts
* 2 tablespoons light soy sauce (add more if you like)

1. Heat 1 tbsp oil in wok; add chopped onions and stir-fry until onions turn a nice brown color, about 8-10 minutes; remove from wok.
2. Allow wok to cool slightly.
3. Mix egg with 3 drops of soy and 3 drops of sesame oil; set aside.
4. Add 1/2 tbsp oil to wok, swirling to coat surfaces; add egg mixture; working quickly, swirl egg until egg sets against wok; when egg puffs, flip egg and cook other side briefly; remove from wok, and chop into small pieces.
5. Heat 1 tbsp oil in wok; add selected meat to wok\*, along with carrots, peas, and cooked onion; stir-fry for 2 minutes.
6. Add rice, green onions, and bean sprouts, tossing to mix well; stir-fry for 3 minutes.
7. Add 2 tbsp of light soy sauce and chopped egg to rice mixture and fold in; stir-fry for 1 minute more; serve.

\* if desired, cut up an uncooked chicken breast or other meat, and stir-fry it till cooked, before adding the vegetables.