**Fried Rice**

Yield: 4-5 servings

2 Tablespoons oil (vegetable or sesame)

¼ cup chopped onion

¼ cup frozen peas

¼ cup finely chopped carrots

¼ cup sliced mushrooms

1 Tablespoon oil (vegetable or sesame)

2 eggs, lightly beaten

2 cups cold cooked long grain rice

¼ cup water chestnuts, drained and sliced

¼ cup bean sprouts

2 whole scallions, thinly sliced on the bias

2 Tablespoons light soy sauce

1. In a large skillet sauté, medium heat, onion, carrot, peas, mushrooms and 2 T. oil until onion is tender, about 3 minutes; remove from skillet and place in small bowl; set aside.
2. In the same skillet add 1 T. oil and eggs; scramble eggs over medium heat; remove from skillet and place in small bowl with onion.
3. In the same skillet add rice, sautéed vegetables, eggs, water chestnuts, bean sprouts, scallions and soy sauce; cook over medium-low heat, stirring frequently; 3-4 minutes. Serve

 