

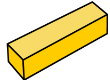


FAMILY FRIED RICE



NEED

3 T butter



1 small onion, diced



12-oz bag frozen peas and carrots



3 eggs, beaten



½ C soy sauce



4 C cooked rice



electric skillet, sprayed with cooking spray



wooden spoon

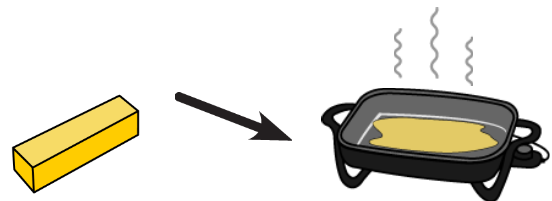


NOTE: Always consider student food allergies when preparing recipes.

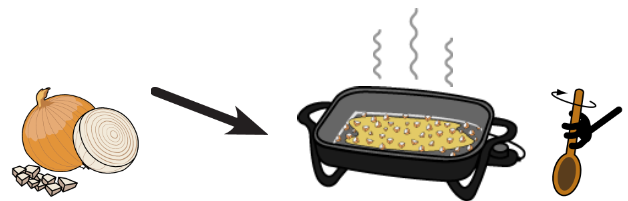
1. Preheat skillet to 375°.



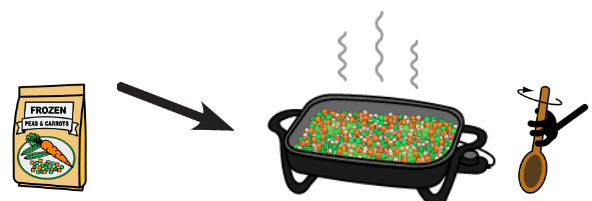
2. Put butter into skillet. Melt.



3. Put onion into skillet. Stir until tender.



4. Put peas and carrots into skillet. Stir until tender.

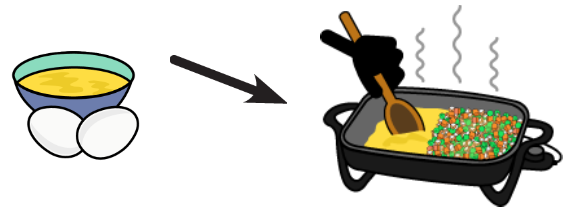




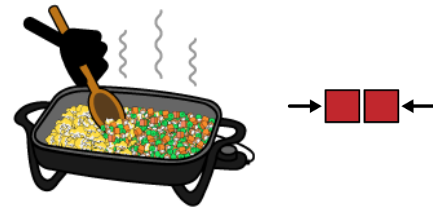
5. Push vegetables to one side of skillet.



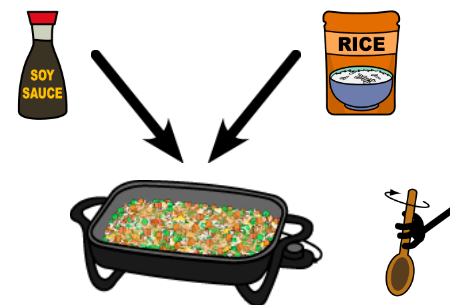
6. Put eggs into other side of skillet.
Stir eggs often until fluffy and cooked.



7. Stir eggs and vegetables together.



8. Put soy sauce and rice into skillet.
Stir.



9. Cook until warm. Eat.

