

Basic Fried Rice

This recipe calls for chop sticks!



Level: Medium

Serves: 6

Kids' Tool Kit

Wok or skillet
Knife
Cutting board
Small bowl
Measuring cups
Measuring spoons
Wooden spoon

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:

Remember to wash your hands!

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.

Chef's Choice

Basic Fried Rice
Egg roll
Peas
Low fat milk



Helpful Hints: Fried rice is made with leftover rice. When cooked rice is chilled for a few hours, it dries out and can be stir-fried with a minimum of oil. You can vary the ingredients in fried rice just like you can in pasta dishes. Add a variety of vegetables and meat, garlic and ginger and whip up a main dish in a hurry. Leftover peas and carrots add lots to color!

What does it mean to make a "well" in the rice? It means to push the rice all around the inside edge of the pan leaving an area in the center of the pan that is empty. The eggs can be scrambled here before mixing into the rice.



Safety Tips: Stir-frying involves high heat and hot oil. Adult supervision is a must for this recipe. Younger kids can break the cold rice apart with wet hands and break the eggs into a separate dish.

Keep paper towels, dish towels and pot holders away from the rangetop so they don't catch on fire.

Nutrition Facts

Serving Size 3/4 cup (170g)	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 70mg	24%
Sodium 460mg	19%
Total Carbohydrate 38g	13%
Dietary Fiber less than 1 gram	3%
Sugars 2g	
Protein 6g	
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 60g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.