

WHIT'S SIMPLE FRIED RICE

INGREDIENTS:

4 cups cooked rice (white or brown)

1/4 cup low sodium soy sauce

1/2 cup chopped green beans (half inch to quarter inch pieces)

1/2 cup chopped cabbage

1/4 cup chopped green onions

1/2 cup chopped spinach

4 to 6 Tbs sesame oil

3 eggs

DIRECTIONS:

1. In large skillet or wok heat 4 tablespoons of sesame oil over medium heat and sauté the green beans, cabbage, green onions, and spinach for about 5-8 minutes. I liked mine a bit al' dente (can a veggie be al' dente?) push to sides of skillet.
2. In the middle crack all 3 eggs and scramble. Let cook as you would scrambled eggs till well then mix with veggies.
3. Add rice and soy sauce and stir.

VOILA!