



# BREAKFAST FRIED RICE

September 20

National Fried Rice Day

## INGREDIENTS

- 6 Slices Bacon (chopped)
- 4 Large Eggs
- ¼ Teaspoon Kosher Salt
- ¼ Teaspoon ground pepper
- 2 Tablespoons Butter
- 1 Medium White Onion (diced)
- 2 Cloves Garlic (minced)
- 3 Cups Cold Cooked Rice
- 3 Tablespoons Soy Sauce
- 2 Teaspoons Toasted Sesame Oil
- 1 Cup Frozen Peas and Carrots
- ½ Cup Frozen Corn
- 4 Green Onions (sliced)

## DIRECTIONS

1. Cook bacon and scramble eggs in the same pan.
2. Add onion and saute for 5-6 minutes. Add the garlic and cook, stirring constantly, until very fragrant, about 1 minute more.
3. Add the rice to the skillet and toss with the onions and garlic until well combined. Smooth the rice and onion mixture into an even layer and fry, undisturbed, for 4-5 minutes.
4. Pour the soy sauce over the rice, then loosen the rice from the bottom of the skillet with a wood spoon, stirring the soy sauce into the rice. Add the frozen vegetables and sesame oil. Work the vegetables into the rice, tossing frequently, until the vegetables are defrosted and warmed through and the rice appears dry.
5. Remove the skillet from heat. Stir in the bacon, scrambled eggs, and green onions. Serve immediately with additional soy sauce to taste.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

6 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	1½ Cups