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Pinchin' Pennies in the Kitchen

7 Steps to Making Fried Rice

Save on the cost of takeout and delivery by creating a delicious and nutritious bowl of fried rice right at home. Use foods in your pantry, refrigerator or freezer to whip up a simple and inexpensive lunch or dinner in seven steps in a wok or large pot.



For speedy food preparation, prepare and measure all ingredients ahead of cooking time. If desired, measure and place the ingredients in small bowls ready to be cooked.

Safety Tip: If using fresh vegetables, thoroughly rinse vegetables before cutting and adding to your pan.

1. Choose one leftover grain.

- Rice: 2 cups of leftover cooked rice (such as long-grain or basmati), chilled
 - Quinoa: 2 cups of leftover cooked quinoa, chilled
- Prepare extra rice or quinoa according to the package directions. Spread cooked grains on a plate or baking sheet to cool. Use planned-over foods within three to four days.

Safety Tip: When preparing grains in advance of use, divide cooked grains into small containers that are 2 to 3 inches deep for quick cooling in the refrigerator. For even quicker cooling, place grains in a metal container. Improper cooling of grains has been linked with foodborne illness.

2. Choose one or more proteins.

- 2 eggs, whisked
- ½ pound raw or leftover chicken, beef or pork, cut into bite-sized pieces
- ½ pound frozen (thawed) or fresh shrimp, peeled and deveined
- ½ package of firm tofu, cut into ½-inch cubes

3. Choose one or more vegetables.

- 1 onion, diced or cut into wedges
- 1 to 3 cloves garlic, minced
- 2 cups fresh, frozen or canned vegetables (peas, carrots, corn, broccoli, sliced mushrooms, green beans, shredded cabbage, spinach, unshelled edamame, sliced bell pepper, sliced asparagus, okra, sliced zucchini). If using frozen vegetables, thaw and drain excess liquid.

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4. Cook protein.

- Add 1 tablespoon of oil to a preheated pan.
- Cook protein on medium-high heat for 3 to 4 minutes on each side, until cooked through or reheated.
- Remove protein and set aside.

Safety Tip: If cooking tofu and/or shrimp with poultry, beef and/or pork, cook tofu and shrimp first, then remove and add other proteins to the pan. Cook poultry separately from beef and pork. Add tofu and/or shrimp last. Minimum internal temperatures vary, and textures may become tough if overcooked. Poultry should reach 165 F, ground beef 160 F, and pork chops and beef steaks 145 F as measured by a food thermometer.

Cook onion, garlic, vegetables and eggs.

- Add 2 teaspoons of cooking oil, such as canola, sunflower, peanut or other oil, to the pan. Sauté onion and garlic on low-medium heat until fragrant, being careful not to burn.
- Add vegetables and cook for 1 to 2 minutes, or until desired tenderness is reached.
- Move vegetables to one side of the pan.
- Add ½ tablespoon of cooking oil.
- Scramble eggs on low-medium heat until almost completely cooked (to avoid overcooking). Move to side of the pan.



5. Add grain to pan and return protein to pan.

- Add the grain of choice into the pan with vegetables, onions and garlic.
- Add protein back to the pan and stir to heat through.

6. Add soy sauce and additional seasonings to taste.

- Add ¼ teaspoon white pepper, ¼ teaspoon salt, ½ teaspoon white sugar and 2 tablespoons low-sodium soy sauce or amounts to your preference to pan.
- Cook for 1 to 2 minutes.
- Remove pan from heat and serve immediately.

Tip: White pepper can be found in some grocery stores and most international markets. Black pepper may be substituted.

7. Add garnishes of your choice (optional).

- 1 to 2 spring onions or scallions, sliced
- 1 tablespoon crushed or halved peanuts
- 1 tablespoon sesame seeds
- 1 teaspoon sesame oil
- ¼ cup bean sprouts

Recipe Ideas

1. Basmati rice, eggs, shrimp, onion, garlic, mixed vegetables, spices and sauce
2. Quinoa, eggs, leftover roast chicken, onion, garlic, broccoli, spices and sauce
3. Long-grain rice, eggs, tofu, onion, garlic, shredded cabbage, mushrooms, spices and sauce

Menu Idea

Shrimp fried rice with vegetables and eggs
Fresh or canned pears
Low-fat or fat-free milk

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