

Rainbow Fried Rice



By Susan S. and Laurie S. from Old County Road School, Smithfield, RI 02917.

Description

"Rainbow Fried Rice" is an easy to prepare and delicious whole grain side dish. It contains all the colors of the rainbow swirled into one healthy, tasty dish. Our rice recipe is an excellent alternative to traditional fried rice, which is high in both fat and sodium content.

Nutrition Facts

Serving size: 6 oz

Calories	305
From Fat	15%
From Saturated Fat	8%
From Sugar	16%
Sodium	375mg

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Ingredients

Ingredient	6 servings	50 servings
Peas	1/4 c/1.25 oz	2 c/10 oz
Carrot	1/4 c/1.25 oz	2 c/10 oz
Onion	1/8 c/1 oz	1.25 c/10 oz
Celery	1/4 c/1 oz	2 c/10 oz
Red Pepper	1/4 c/1.5 oz	1.75 c/10 oz
Red Cabbage	3/8/1 oz	3.25 c/8 oz
Egg	1 lrg egg/2 oz	3 c/24 oz
WG Brown Rice	1.5 c/9.5 oz	14.33 c/92 oz
Bean Sprouts	1/4 c/1 oz	2 c/8 oz
Low Sodium Soy Sauce	3 T/1.5 oz	2 c/16 oz
Sesame Oil	2 T/1 oz	1 c/8 oz
Garlic, Fresh chopped	1 t/.25 oz	.25 c/2 oz
Vegetable Oil	1T/.5 oz	.5 c/4 oz
Water	.75 c/6 oz	5.25 c/42 oz
Apple Juice	.75 c/6 oz	5 c/40 oz

Preparation

Preparation Directions:

Method of Preparation: (6 Servings)

Combine water, apple juice, and rice into a sauce pan. Cover and cook on low heat for 30 minutes.

Remove lid and spread rice out over a parchment lined sheet pan, cool, and refrigerate until needed. Heat a dry skillet, when pan starts smoking, pour vegetable oil and 1T sesame oil into pan. Add carrot, onion, celery, peas, pepper, cabbage, and garlic; stir-fry for about 2 minutes. Add rice and sprouts then continue to stir fry for another 2

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minutes. Pour in soy sauce and the remainder of sesame oil, stir-fry for another minute. Pour the lightly beaten eggs over the mixture; continue to cook until eggs are done, about 1-2 minutes.

Method of Preparation: (50)

Combine water, apple juice, and rice, and $\frac{1}{4}$ c sesame oil into two, 6 inch hotel pans or divide into four, 4 inch hotel pans. Cover with aluminum foil and bake in a 375° oven for 45 minutes. Remove from oven and allow to sit for 30 minutes. Remove foil and spread rice out over three, parchment lined, sheet pans. Cool, and refrigerate until needed.

In a tilt skillet add vegetable oil and stir fry onion, carrot, celery, pepper, cabbage, and garlic. Stir fry until onions are translucent.

Add $\frac{1}{2}$ c soy sauce, peas, sprouts and rice and continue to cooking stirring for 3-4 minutes until rice is hot. Mix in remainder of soy sauce and sesame oil. Pour egg over the top of rice mixture and continue to stir fry until egg is fully cooked approximately 2-3 minutes