

Fried Rice II

Lee Haugen

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*1 cup raw prawns, shelled
and cut up the size of peas
1 cup ham, cut up
4 cups cooked rice (on dry-
side, day-old, fried is better)
2 eggs, unbeaten
2 to 3 tablespoons soy
sauce
1 to 2 stalks green onions,
chopped*

In a red-hot frying pan with two tablespoons of oil, saute' the prawns until the meat turns from gray to white. Scrape to one side of the pan.

Add the ham, rice, eggs, soy sauce and green onions. Saute' until the eggs are done, adding more oil if necessary.

(Note: For variety and convenience, substitute some other meats or combine chicken, BBQ pork, shrimp, bacon, etc. If the meat is raw, saute' first before adding the other ingredients.)

Per Serving (excluding unknown items): 1664 Calories; 27g Fat (14.7% calories from fat); 86g Protein; 263g Carbohydrate; 8g Dietary Fiber; 501mg Cholesterol; 34854mg Sodium. Exchanges: 13 1/2 Grain(Starch); 5 Lean Meat; 11 1/2 Vegetable; 1 1/2 Fat.