

Fried Rice

Ann worrell

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 large onion, chopped
2 tablespoons butter
1 cup chopped celery
1/2 cup mushrooms
4 cups cooked rice
3 tablespoons soy sauce
salt
4 eggs*

In a skillet, fry the onions in butter. Add the celery and mushrooms. Cook about 5 minutes.

Add the cooked rice, soy sauce and salt, mixing well.

Add the eggs, well beaten. Stir well into the mixture.

Cook for a couple of minutes until the eggs are done.

Per Serving (excluding unknown items): 1557 Calories; 45g Fat (26.7% calories from fat); 51g Protein; 229g Carbohydrate; 8g Dietary Fiber; 910mg Cholesterol; 3724mg Sodium. Exchanges: 13 1/2 Grain(Starch); 3 Lean Meat; 4 Vegetable; 6 Fat.