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|  | **Ingredients** | **Step** |
| Asian Rice | 1 teaspoon  **oil**  2  **eggs**, beaten  1 package  (16 ounces) frozen **asian style vegetables**, or 1 pound fresh vegetables (such as carrots, onions, broccoli, peas, or zucchini)  3 cups  cooked **rice**  1 teaspoon  **garlic powder** or 4 cloves of garlic  1⁄4 teaspoon  ground **ginger**  1 cup  cooked **chicken**, **pork** or **tofu**, diced  2  **green onions**, sliced  1 Tablespoon  **soy sauce** or **hot sauce** (optional) | 1. Heat oil in a large skillet over medium-high heat (350 degrees in an electric skillet). Add eggs and scramble. Remove cooked eggs and set aside. 2. Add small amount of water to pan and cook vegetables until tender crisp. 3. Add cooked rice, garlic powder and ground ginger and stir to heat through, breaking up lumps by pressing against pan. 4. Add cooked chicken and cook until heated. 5. Add green onions and cooked egg, and heat through. 6. Serve with soy sauce or hot sauce. 7. Refrigerate leftovers within 2 hours. |