



## Fried Rice

By Christine's mother, Sandy

### Ingredients:

1 cup uncooked rice  
2 eggs, beaten  
 $\frac{1}{4}$  cup olive oil  
 $\frac{1}{4}$  cup sliced green onions and tops  
2 tablespoons gluten free soy sauce  
 $\frac{1}{2}$  teaspoon organic raw honey  
handful of frozen peas, plus some finely chopped carrots if you like

To include a protein, add some shredded chicken or pork, or cubed ham

### Directions:

Cook rice without salt. Scramble eggs in 1 tablespoon of oil. Remove from pan and set aside. Heat the rest of the oil in skillet, add onion, and cook one minute. Add rice and stir to coat with oil. (add more oil if too dry) Stir in soy sauce, honey, peas/carrots, and if using meat, stir this in too. Add eggs back in. Gently cook for a few minutes until all warmed and mixed thoroughly.

\*Gluten free soy sauce available by San-J, also it's non-GMO

\*Use organic rice, and brown if possible. I take a shortcut sometimes and use "Organic Quinoa and Brown Rice with Garlic" by Seeds of Change. It comes in a pouch, which I just open and pour straight into the skillet.