



CHINA

# FRIED RICE

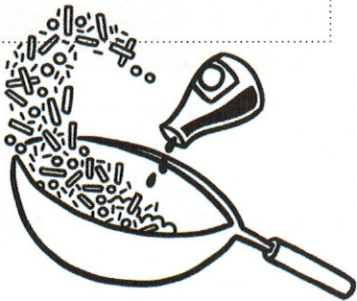
Makes 4 servings

If you have leftover rice from last night's dinner, turn it into tonight's side dish with this Chinese restaurant favorite. Make sure to use cold rice instead of warm rice so that the finished dish is not mushy.



## Here's What You Need

- 2 tablespoons vegetable oil
- ½ teaspoon sesame oil
- 4 scallions, sliced
- 1 cup frozen peas
- 1 medium carrot, peeled and grated
- 1 tablespoon grated ginger
- 1 garlic clove, crushed
- 3 cups cooked and chilled white rice
- 3 large eggs
- 1½-2 tablespoons soy sauce

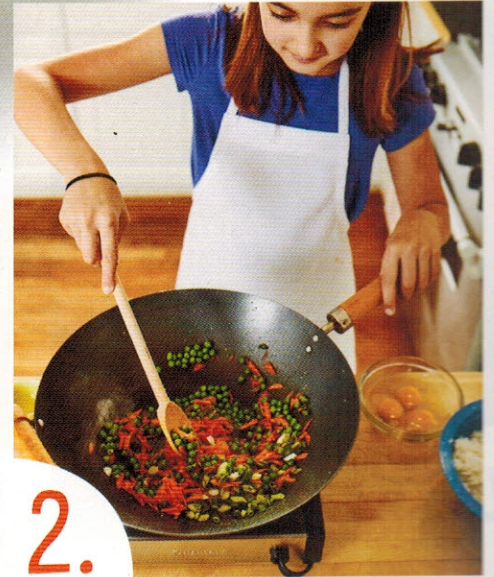


## HERE'S WHAT YOU DO



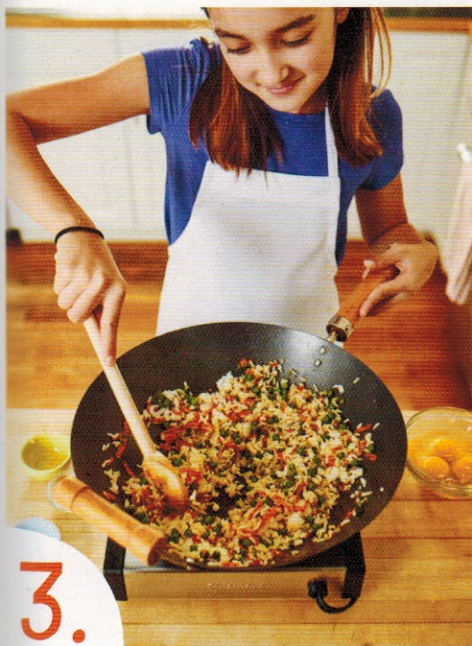
1.

Heat 1½ tablespoons of the vegetable oil and all of the sesame oil in a large wok or skillet over medium heat.



2.

Slowly and carefully (to avoid being splattered by hot oil!) add the scallions, peas, carrot, ginger, and garlic. Sauté the vegetables for a minute, stirring constantly.



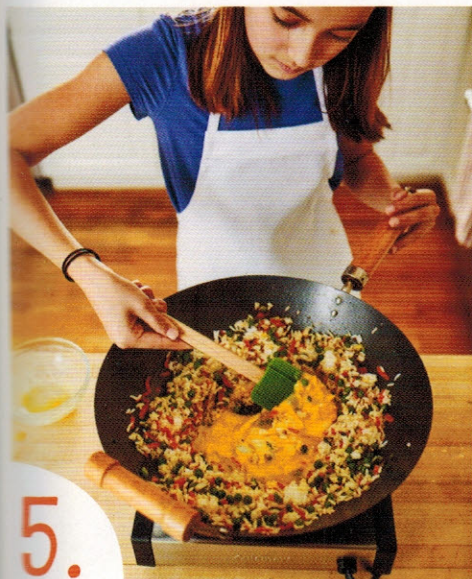
3.

Add the rice and heat for 2 to 3 minutes, stirring occasionally.



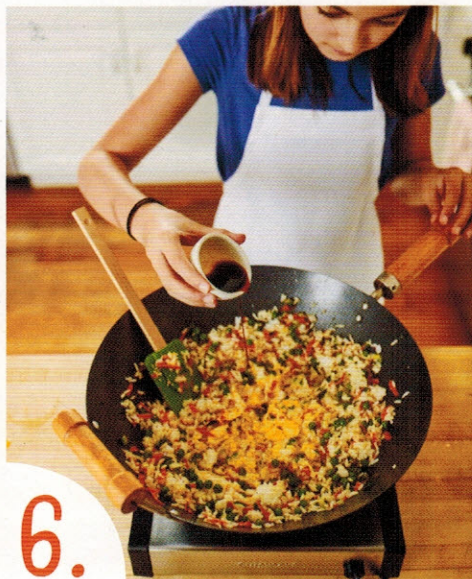
4.

Break the eggs into a small bowl. Beat them with a fork or small whisk.



5.

Push the rice to the edges of the pan and pour the remaining  $\frac{1}{2}$  tablespoon vegetable oil into the center. Add the eggs and stir until they are cooked and scrambled.



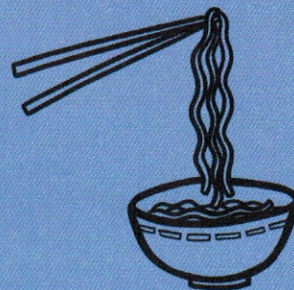
6.

Stir the eggs into the rice until everything is mixed up. Add the soy sauce and heat for another minute or two, stirring often. Serve and pass additional soy sauce.

## A WORLD OF EATS

# Happy Birthday!

In China, it's a custom to eat noodles on your birthday. Eating long noodles means you'll live a long life!



Some other traditional Chinese birthday foods are hard-boiled eggs and dumplings.

Whatever you eat to celebrate the birthday, though, make sure you do it on or before the special day. Wishing someone a belated birthday is bad luck.