Fried Rice for the Family

Over the past few weeks, you've learned how to cook delicious dinner bowls and scrumptious soup for your family. Now, you will learn all about how to make Fried Rice -- a nutritious, colorful, and filling meal!

STEP ONE: CHOOSE YOUR INGREDIENTS

Is this your first time making Fried Rice? How exciting! The first thing you will want to do is figure out what you have in the kitchen that you can use in your fried rice.

We suggest organizing a family meeting to figure out what ingredients you can use.

Make sure your Fried Rice has all of the important components (parts). This will give you a balanced meal. Balanced fried rice has five parts: grain, protein, veggies, sauce, and mix-ins. Here are some examples you might use from each category:

- **Grains**: white rice, brown rice, wild rice, quinoa
- **Proteins**: egg, tofu, leftover chicken, shrimp, or crumbled pork
- **Veggies**: carrots, peas (frozen or fresh), asian greens (napa cabbage, bok choy, tat soi), broccoli, corn (frozen or fresh)
- **Sauce**: combine any of the following to suit your taste: sesame oil, rice vinegar, soy sauce, tamari, fish sauce, garlic, grated or ground ginger
- **Mix-ins**: sesame seeds, cashews, peanuts, pickled veggies (ginger, radishes), bean sprouts
**STEP 2: PLAN FRIED RICE FOR YOUR FAMILY**

Use this handy chart to design your very own Fried Rice! If you want, consider asking different members of your household to gather and prepare ingredients for each category.

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<th>Grain</th>
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<td>![Grain Image]</td>
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**Challenge:** Can you *Eat the Rainbow* when you make your Fried Rice??

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STEP 3: TIME TO COOK - FRIED RICE RECIPE
(This recipe makes enough for about 4 bowls)

You can follow this recipe exactly, or you can use these basic directions with the recipe planned (in Step 2) with your own ingredients. The basic idea here is to combine rice, proteins, and veggies, then top with a sauce and whatever other mix-ins you have around the house to make your rice delicious.

INGREDIENTS

- 3-4 cups cooked brown rice (for directions on how to cook rice, follow this tutorial)
- 1 tbsp olive oil or butter
- 1 small onion, about 1 cup diced
- 2 cloves garlic, peeled and minced, or about 1 tsp pre-chopped garlic, or ½ tsp garlic powder
- 1 piece fresh ginger, peeled and grated, or 1 tsp ground ginger
- 2 carrots, peeled and grated
- 1 bunch Asian Greens (Napa cabbage, bok choy, tot soi) or 3 cups other hardy greens (kale, spinach)
- ½ cup corn kernels (frozen or fresh)
- ½ cup peas (frozen or fresh)
- 1 cup any other veggies you want to add
- 2 eggs and/or 1 cup any protein you want to add
- 1 tsp sugar + 1 TBSP fish sauce + 2 TBSP soy sauce whisked together in a small bowl (or your own unique sauce)

DIRECTIONS

- If you need to cook your rice, do that first. Fried Rice is best made with cold, leftover rice.
- Prepare your vegetables and the proteins to have them ready to be sautéed together.
- Heat oil or butter in a large sauté pan or wok. When hot, add your protein until cooked (for tofu or to scramble eggs, just a few minutes is OK; for meat, make sure it is cooked through). Move cooked protein to a bowl or plate and cover to keep warm.
- Then add the vegetables into the pan or wok in the order listed, stirring frequently for a few minutes between each addition. Add a splash of oil or water and give it all a stir if things start to stick.
● When the vegetables are cooked, stir in your sauce.
● By this time the rice should be finished. Taste test it with a fork, and continue cooking rice over low heat if needed.
● Combine the vegetable-sauce mixture with the cooked rice (in your wok or another large pot), then stir in the cooked protein. Heat just until everything is warmed together.
● Serve and enjoy!

**SKILL TIME - Make the Perfect Pot of Rice**
If you want to learn how to make a delicious pot of rice to use in your fried rice and other dishes, [check out our guide to making the perfect pot of rice.](freshfarm.org/foodprints)