

Fried Rice

1 tbsp sesame oil (can substitute olive oil)

½ onion

1 pkg. frozen stir-fry vegetables

2 eggs, scrambled

1-2 cups chopped, cooked meat (ham, chicken, bacon, shrimp)

5 cups cooked brown rice

¼ cup soy sauce

1 tbsp. sesame seeds

1 tsp. ground ginger

salt

pepper

Saute onion in olive oil. Add frozen vegetables. In lieu of stir-fry vegetables, you can create your own mix (I use broccoli spears, peas, and corn). After vegetables are cooked, add scrambled egg, meat, and rice. Mix well. Stir in remaining ingredients.