

Make a list each week of food that needs to be used up and plan upcoming meals around it. You can use refrigerated rice from dinner two nights ago and the meats and eggs you didn't finish at breakfast this morning to make this fried rice recipe. Plan on an "eat the leftovers" night each week.



**TOO GOOD
TO WASTE
Feast**

Chef John Howie's Fried Rice with Breakfast Meats, Egg and Vegetables

Ingredients

Serves 4

• Cooked Long Grain or Jasmine Rice, cooled	1lb. (about 2 cups)
• Soy Sauce	3/8 cup
• White Pepper	1/16 tsp.
• Canola Oil	4 Tbsp.
• Green Onions (Scallions), sliced	1/3 cup
• Onions, diced	1/3 cup
• Bell Pepper (Red, Yellow or Orange), diced	2 Tbsp.
• Peas	2 Tbsp.
• Bacon – cooked, cut into 1/2" slices	2 slices
• Breakfast Sausage Links or Patties – cut into 1/4" slices	2 links or patties
• Ham – diced into 1/4" pieces	2 Tbsp.
• Scrambled Eggs	1/4 cup

Fried Rice Procedure:

1. In a mixing bowl mix together cooked jasmine rice, 1/4 cup of the soy sauce and the white pepper. Set aside.
2. Heat up 2 Tbsp. of canola oil in a large skillet or wok.
3. When the oil is hot add the onions and bell peppers. Stir fry for 45-60 seconds.
4. Add the breakfast meats and peas, stir fry for 1-2 minutes until heated through.
5. Remove the mixture from the pan and set aside.
6. Add the remaining oil (2 Tbsp) to the pan. When hot, add the rice mixture and stir fry for 45-60 seconds.
7. Add the remaining vegetable and meat mixture and the eggs. Cook until the egg is heated through.
8. Transfer to plates, top with the scallions. Serve.

