

PORK FRIED RICE

Preparation: 10 minutes | Cooking: 10 minutes | Servings: 2

INGREDIENTS

1 boneless pork* loin chop, cut into 1/2-inch pieces
1 green onion chopped
1 large egg, lightly beaten
1 cup cold cooked long grain rice
1/4 cup carrot, chopped
1/4 cup broccoli, chopped
1/4 cup peas
1 tablespoon butter
4 1/2 teaspoons soy sauce
1/8 teaspoon garlic powder
1/8 teaspoon ground ginger

**Pork can be replaced with meat substitute, such as chicken or beef.*



INSTRUCTIONS

In a large skillet, sauté pork, carrot, broccoli, peas and onion in butter for 3-5 minutes or until pork is cooked. Remove from skillet and set aside. Cook and stir egg in same pan over medium heat until set before adding rice, soy sauce, garlic powder, ginger and pork mixture.