

NJ SNAP-ED XL RECIPE CARDS

CABBAGE FRIED RICE



**SERVING
SIZE** **4**

INGREDIENTS



3 beaten
eggs



4 finely
chopped
garlic
cloves



1 Carrot,
Shredded



2 Scallions,
sliced and
separated into
white and green parts



1 small
cabbage or
½ shredded
head Napa
cabbage



4 cups
cooked brown or
white rice



2
tablespoons
low sodium
soy sauce



2
tablespoons
vegetable
oil



Salt
to taste

Optional



Ginger



2
tablespoons
sesame seeds

EQUIPMENT:

- Small bowl for holding eggs
- Colander or strainer
- Spoon or spatula
- Whisk or a fork
- Shredder
- Cutting board
- Knife
- Skillet
- Measuring spoons and cups

FUN FACT, NOTES, HEALTH BENEFITS, ETC.:

Brown rice is great for this dish and is very well complemented by all the flavors! The big secret to making fried rice is using day old rice or a package of ready rice. Rice that is a day old is a big more firm and easier to cook with, also it does not become mooshy and over cooked. This rice dish is very nice topped with a slash of chili or sesame oil to give it an authentic taste. If using regular soy sauce use 1 tablespoon. Don't have any scallions? Any onion works great, shallots add a sophisticated flavor and aroma! Ginger, carrots, onions, and garlic are aromatics and release lovely fragrance in our foods which is way we want to gently brown them first! Lastly you can add in sesame seeds for an aesthetic presentation when serving.



1 HEAT OIL
In a large frying pan, heat 1 tablespoon oil over medium heat.



2 COOK EGG
Pour eggs into pan and scramble for about 1 minute, or until eggs are cooked.



3 SET ASIDE
Remove eggs from the pan and set aside.



4 HEAT OIL
Heat remaining 1 tablespoon oil in the same pan over medium heat.



5 AROMATICS
Add ginger, white scallions, garlic and carrot.



6 COOK TILL FRAGRANT
Cook for 5 minutes, stirring often.



7 ADDING THE REST OF THE INGREDIENTS
Add cabbage, rice, and cooked eggs to the pan.



8 COOK UNTIL VEGGIES ARE SOFT
Cook for 2 minutes or until the rice is hot, stirring often.



9 SEASON
Turn off heat. Add green scallions, soy sauce and salt to the pan.



10 TIME TO EAT!
Top with sesame seeds and enjoy