



Ham Fried Rice

- 1 1/2-2 cups chopped ham
- 3 cups cooked rice
- 2 Tbsp. sesame oil
- 1 small white onion, chopped
- 1 cup frozen peas and carrots, thawed
- 2-3 Tbsp. soy sauce (more or less to taste)
- 3 eggs, lightly beaten
- 2 Tbsp. chopped green onions (optional)

Preheat large skillet or wok to medium heat. Pour sesame oil in the bottom. Add white onion, ham, peas and carrots; fry until tender.

Slide the onion, peas and carrots to the side, and pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.

Add the rice to the veggie, ham and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined.

Add chopped green onions if desired.