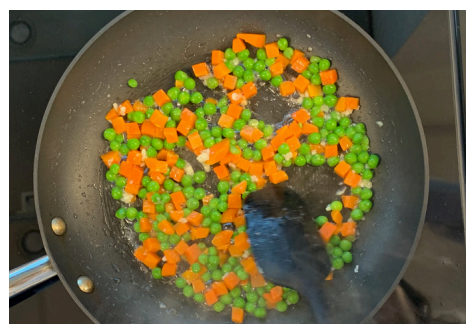
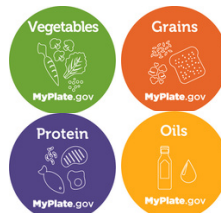


Easy Fried Rice

Prep Time: 5 minutes Total Time: 10 minutes



Ingredients

- 1 ¼ cups frozen peas and carrots
- 2 tablespoons vegetable oil
- 3 cloves garlic
- 4 large eggs
- 3 cups white rice, cooked and chilled
- 2 tablespoons soy sauce
- 2 teaspoons sesame oil
- 1 teaspoon sesame seeds
- 1 green onion, thinly sliced

Directions

1. Add vegetable oil to a large pan and place on high heat.
2. Mince garlic cloves.
3. Stir in frozen peas, carrots, and garlic and cook for 30 seconds.
4. Add eggs to pan and stir quickly to scramble with the vegetables.
5. Stir in cooked rice and mix.
6. Add soy sauce and sesame oil and mix.
7. Remove from heat and plate.
8. Top with green onion and sesame seeds.
9. Serve hot and enjoy!

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Nutrition Facts

4 servings per container
Serving size 1 cup (233g)

Amount per serving
Calories 370

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 200mg	67%
Sodium 850mg	37%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 1mcg	6%
Calcium 61mg	4%
Iron 3mg	15%
Potassium 247mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe adapted from: <https://www.allrecipes.com/recipe/79543/fried-rice-restaurant-style/>).

China is a country located in east Asia with the second largest population in the world. China has a rich history and culture and is considered to be one of the worlds oldest civilizations. It has a very diverse geography with 9 agricultural zones. The official language in China is Mandarin but others like Cantonese and Hunanese are also spoken.

Overview of Common Foods

- **Staples:** Rice, maize, and wheat.
- **Produce:** Bok choy, cabbage, eggplant, bean sprouts, lotus root, bitter melon, and celery.
- **Animal Products:** Pork, poultry, beef, mutton, and eggs.
- **Herbs/spices/flavorings:** 5 spice powder, bay leaves, ginger, turmeric, white pepper, cumin seeds, black cardamom, MSG, dried chiles, soy sauce, fish sauce, hoisin sauce, and chili sauce.



Agricultural Products of Country/Region

- Rice, maize, wheat, soybeans, peanuts, sorghum, millet, barley, sunflower seeds
- Cattle, pigs, goats, sheep, buffalo, chicken



Suggested Substitutions for Cultural Foods

- Chicken for Peking Duck
- Bagels/croissants for Shaobing
- Soy sauce for fish sauce, and MSG
- Tortilla for Dabing



Other Useful Information about this culture

- Total population: 1.411 billion (2023)
- Language(s) spoken: Mandarin, Cantonese, Hunanese
- Measurement system: The metric system
- Health: Emphasis on traditional medicine
- The size of China is 9.6 million km², while the United States is slightly larger at 9.8 million km²

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