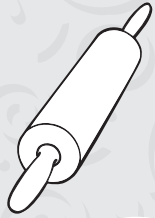




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# Chinese Fried Rice



## Supplies (for 20 small servings)

### Food

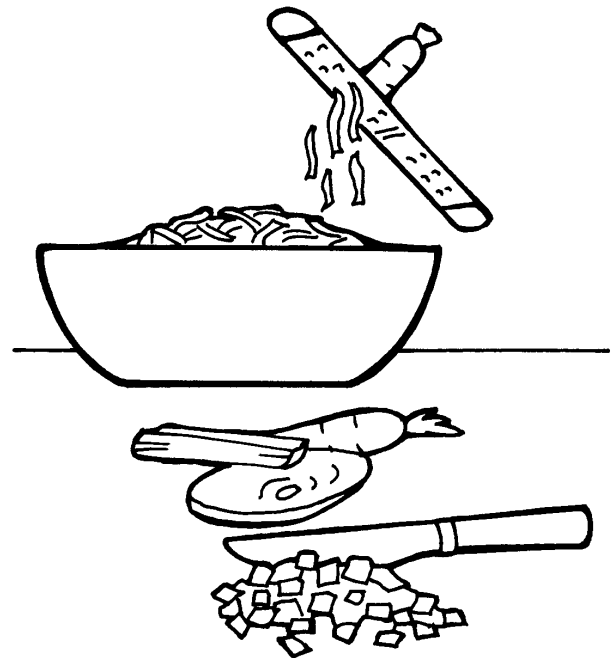
- 3 carrots
- 1 bunch scallions
- 1 stalk celery
- ¼ pound cooked ham
- 2 tablespoons corn oil
- 2 eggs
- 1 box frozen peas (defrosted)
- 6 cups cooked rice
- 2 tablespoons soy sauce

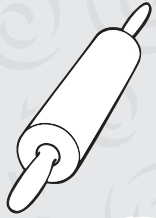
### Utensils

- 6 vegetable peelers
- small bowl
- 1 knife or craft stick per child
- electric skillet
- cooking spatula/spoon
- measuring cups
- measuring spoons
- cutting board
- grater

1

Peel the carrots and grate them into a small bowl. Chop the scallions, celery, and ham into small pieces. Keep ham separate from vegetables.



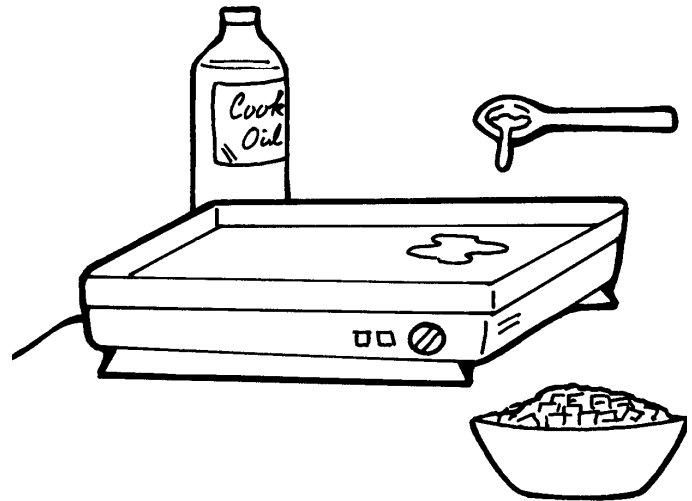


# Chinese Fried Rice



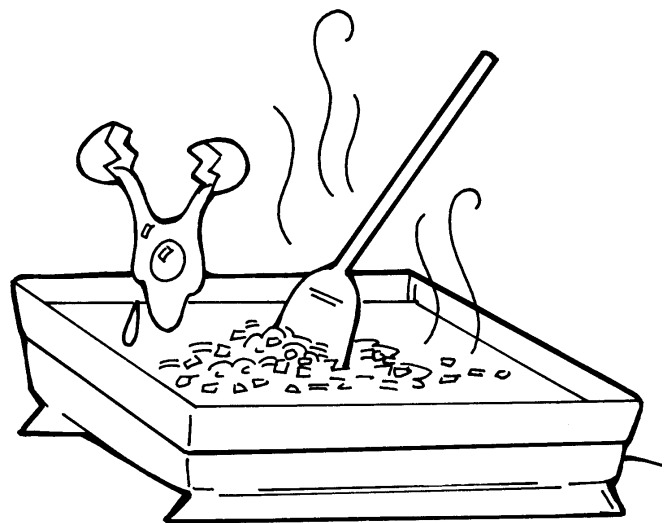
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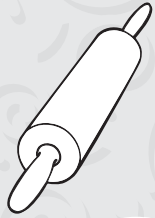
Pour 2 tablespoons oil into an electric skillet. Have an adult sauté the vegetables. Stir quickly.



3

Add 2 eggs and stir until scrambled and cooked.



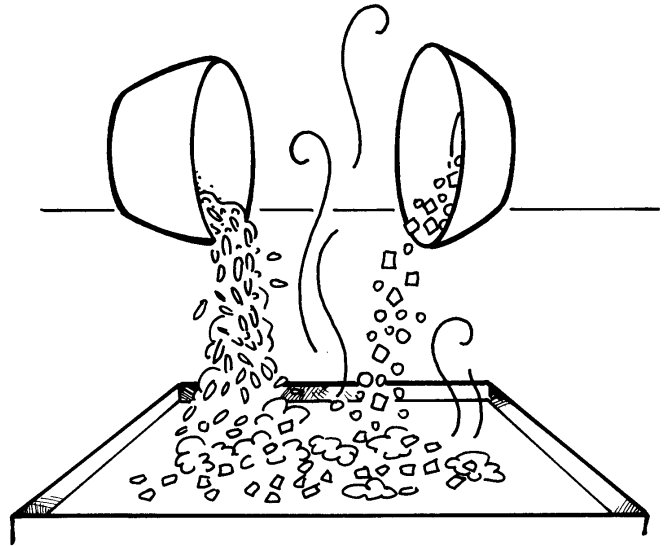


# Chinese Fried Rice



4

Add the ham, peas, and rice to the vegetables.



5

Add 2 tablespoons soy sauce (to taste) to the rice and cook until all ingredients are warm.

