

Chinese Fried Rice

Mrs Fred Ng

St Timothy's - Hale Schools - Raleigh, NC - 1976

*4 strips bacon, cut finely
2 eggs, slightly beaten
2 cups cooked rice
1/4 cup boiled pork
(optional)
1/4 cup cooked ham, cut
finely
1 tablespoon soy sauce
1/4 cup shrimp (optional)
1 tablespoon green onion,
cut fine
1/2 pound bean sprouts
1/2 teaspoon monosodium
glutamate
salt (to taste)
pepper (to taste)*

In a skillet, fry the bacon until slightly brown.
Remove the bacon from the skillet and fry the
eggs in bacon fat. Set some aside.

Add the cooked rice. Fry for 5 minutes. Add the
other ingredients. Fry and mix thoroughly, 5 to
10 minutes. Season with soy sauce, salt, pepper
and MSG.

Garnish with scrambled eggs, ham and chopped
onion.

Per Serving (excluding unknown
items): 915 Calories; 27g Fat
(27.2% calories from fat); 44g
Protein; 121g Carbohydrate; 6g
Dietary Fiber; 465mg Cholesterol;
2039mg Sodium. Exchanges: 6 1/2
Grain(Starch); 3 1/2 Lean Meat; 3
Vegetable; 3 Fat.