

Creole Fried Rice

Cookbook Committee

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

Servings: 6

*5 slices bacon, diced
1 cup celery, chopped
3 cups cooked rice
2 tablespoons soy sauce
1 cup green onion, chopped
3/4 green pepper, diced
1/2 teaspoon salt
2 eggs, beaten*

In a skillet, partly cook the bacon. Add the onion, celery and green pepper. Continue cooking until the vegetables are tender.

Stir in the rice, salt and soy sauce. Heat thoroughly.

Pour in the eggs. Cook, stirring constantly, until the eggs are done.

Per Serving (excluding unknown items): 191 Calories; 5g Fat (22.0% calories from fat); 7g Protein; 29g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 650mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.