
Shrimp Fried Rice III

Beverly Hunt - Dayton's Rosedale Home Store

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

4 slices bacon

4 green onions, chopped

3 eggs, beaten

4 cups cold rice

1/4 cup soy asuce

2 teaspoons Cajun seafood seasoning

1 pound small shrimp

In a wok, cook the bacon until crisp. Remove. Drain and chop the bacon. Set aside.

Cook the onions in bacon fat for about 2 minutes. Add the eggs. Stir until firm. Push to the side of the wok. Add the rice. Blend in the egg and onion. Add the bacon, soy sauce and Cajun seasoning, stirring constantly.

Add the shrimp. Blend for about 2 minutes.

Yield: 4 to 6 servings

Seafood

Per Serving (excluding unknown items): 868 Calories; 35g Fat (37.8% calories from fat); 119g Protein; 9g Carbohydrate; 2g Dietary Fiber; 1348mg Cholesterol; 1296mg Sodium. Exchanges: 16 Lean Meat; 1 Vegetable; 3 Fat.