

# Fried Rice with Pork

Priscilla Perry

Unitarian Universalist Fellowship of Vero Beach, FL 2000

## Servings: 4

*3 tablespoons oil  
1 cup onion, chopped  
1/2 cup celery, chopped  
medium fine  
2 large cloves garlic,  
crushed  
1 1/2 cups cooked pork  
strips, thinly sliced  
3 cups cooked rice  
1/4 cup soy sauce  
1 can (8 ounce) water  
chestnuts, drained and cut  
in strips*

In a twelve-inch skillet, heat the oil over medium heat. Mix in the onion, celery and garlic. Cook until slightly wilted, about 3 minutes.

Add the pork, rice and soy sauce. Stir until the rice is heated through. Stir in the water chestnuts and continue cooking and stirring, just until they are warm.

Serve with extra soy sauce.

*This recipe also works well  
with chicken or shrimp.*

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Per Serving (excluding unknown items): 300 Calories; 11g Fat (32.4% calories from fat); 5g Protein; 45g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1046mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Vegetable; 2 Fat.