

# Roast Pork Fried Rice

*Emillie Jamrog*

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*2 tablespoons peanut oil  
1 teaspoon salt  
1 medium onion, diced fine  
1 large stalk celery, diced  
1 cup roast pork, diced  
2 eggs, beaten  
1 small can peas (or 1/2  
cup frozen)  
1 cup bean sprouts  
6 cups cold, cooked rice  
3 tablespoons soy sauce  
2 scallions (green parts  
only), diced fine*

In a skillet, heat the oil. Add the salt. Add the onions and stir until it begins to be transparent. Add the celery and stir until the color changes.

Add the pork and stir. Add the eggs and stir until they begin to set. Stir in the peas and bean sprouts.

Stir in the rice until heated through and separated. Stir in the soy sauce until the rice is light brown.

Stir in the scallions and serve hot.

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Per Serving (excluding unknown items): 495 Calories; 37g Fat (66.4% calories from fat); 20g Protein; 22g Carbohydrate; 5g Dietary Fiber; 424mg Cholesterol; 5402mg Sodium. Exchanges: 1 1/2 Lean Meat; 4 Vegetable; 6 Fat.