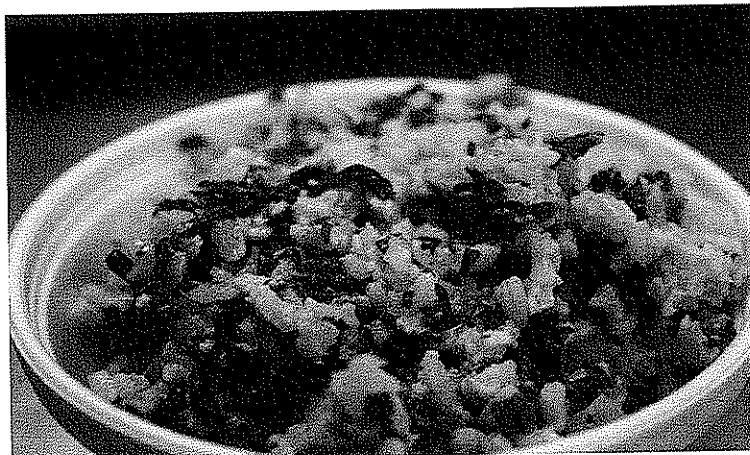


## Stir Fried green rice, eggs and ham

Grains Recipe / Submission #745



### Nutrition Facts

Serving size: 4 OZ

Amount Per Serving	
Calories	190
From Fat	33.32%
From Saturated Fat	6.36%
From Sugar	2.02%
Sodium	306mg

A hot main dish inspired by Dr. Seuss' Green Eggs and Ham book. Brown rice, spinach, eggs and ham create a great wholesome meal.

### Ingredients

#### 6 SERVINGS

Spinach, blanched, drained (5 OZ)  
 5 OZ of Egg, Whole, Raw, Fresh  
 1 Tbsp of Water, cold  
 1/4 Tsp of Salt  
 1 Tbsp of Oil, Trans Fat free  
 Ham, Hormel, Nitrate free (2 OZ)  
 3 Cups of Rice, Brown, long-grain  
 1/3 Cups of Onions, spring or scallion  
 1 Tsp of Oil, Sesame

#### 50 SERVINGS

Spinach, blanched, drained (2.5 LB)  
 5 Cups of Egg, Whole, Raw, Fresh  
 1/2 Cups of Water, cold  
 2 1/2 Tsp of Salt  
 1/2 C + 2 Tbsp of Oil, Trans Fat free  
 Ham, Hormel, Nitrate free (15 OZ)  
 25 Cups of Rice, Brown, long-grain  
 3 3/4 Cups of Onions, spring or scallion  
 2 1/2 Tbsp of Oil, Sesame

### Preparation

- 1) Bring a large pot of salted water to a boil. Add spinach, quickly drain, place in an ice bath and drain again, squeezing out all excess water from the spinach. Chop spinach very finely and set aside.
- 2) Whisk together eggs, water and salt until combined well. Spray hotel pan or saute pan with pam and cook half of the egg mixture in steamer or stove top and set aside to cool.
- 3) Heat a wok or tilt skillet on a medium heat until hot. Add vegetable oil and ham. Cook for about 2 minutes until ham begins to color.
- 4) Add rice and toss to coat with oil. Reduce heat and cook, covered and stirring frequently, until rice is hot. Add remaining egg mixture to the rice and stir frequently.
- 5) Add chopped spinach, chopped and cooked egg and sesame oil and cook until 141 degrees or warmer.