

Chef CathyAnn's Ham Fried Rice

Serves 4

- 1 cup of your favorite rice (uncooked)
- 3 tbsp. Grapeseed* oil
- 8 ounces ham, diced
- ½ cup green onions/Scallions, chopped (green and white parts)
- ½ cup fresh or frozen green peas
- ½ cup baby carrots, finely diced
- 3 eggs, scrambled
- Soy or Tamari sauce
- Optional: ¼ cup golden raisins



Use 3 cups cooked rice, preferably day-old, or cook rice according to package directions and set aside,

Preheat teppanyaki grill to 5. When hot (orange light off), set to 7.

When temperature has been reached (orange light off), spread out 1 tbsp. Grapeseed oil and sauté ham to brown on all sides. Push into warming area.

Add vegetables to cooking area, and sauté until tender. Push aside into warming area.

Turn down temperature to 5. Spread out another tablespoon Grapeseed oil.

Spoon your rice into cooking area, stirring to coat with residue from sauté. Gather and make a well in center of rice. Add final tablespoon Grapeseed oil and beaten eggs.

While stirring to scramble as the eggs cook, incorporate the solidified pieces of egg into the rice. Then incorporate the ham and vegetables till blended throughout the rice.

Switch off the Cook-N-Dine.

Add Soy or (preferably) Tamari sauce to taste and serve.

TIP: have small spatulas handy for each person so they can cook and serve themselves at their own leisure, and the food keeps warm longer.

***Find out about the advantages of All-Natural expelled (~ cold-pressed) Grapeseed Oil at www.wildtree.com**

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