

# Ham Fried Rice

Makes 4 Servings

*Foods 1*

In class recipes

**1 tablespoon butter**  
**1 egg**  
**1/4 teaspoon salt**  
**dash pepper**  
**1/2 teaspoon garlic powder**  
**1 teaspoon oil**  
**1 green onions chopped (one small tube, not the whole thing)**  
**1 slice ham steak diced**  
**2/3 cup frozen vegetable thawed or semi-thawed**  
**1 tablespoon soy sauce**

**1 cup UNCOOKED rice**  
**2 cups water**

TO MAKE RICE: Bring 2 cups water with a pinch of salt to a boil in a medium saucepan.

Add rice slowly, stirring to incorporate rice into water.

Cover tightly with a lid.

Reduce heat to low and cooked COVERED for 20 minutes. DO NOT LIFT THE LID FOR THE FULL 20 MINUTES!

Dice the ham into bite size cubes

Beat the egg, salt, pepper and garlic powder with a fork in a small bowl until it is well mixed.

Melt butter in a saute pan with high sides on medium-low heat.

Pour the egg mixture into the skillet with the melted butter.

Scramble the eggs by using a rubber scraper and pulling the eggs from the edges towards the center.

Put cooked eggs on a plate to cool. Scrape out excess egg from skillet with rubber scraper.

Put the oil and onions in the skillet and saute them until onions look lighter green.

Add chopped ham and thawed vegetables and cook until warmed through, stirring constantly.

Add cooked rice and scrambled eggs. Cook and stir until the rice is heated through.

Sprinkle soy sauce on rice, stir in.