

HOT WOK FRIED RICE

Meat/Meat Alternative-Vegetable-Grains-Main Dishes

Ingredients	50 Servings Measure	100 Servings Measure	Directions
Olive oil	1 C	1½ C	1. Heat the oils in a skillet over medium heat. 2. Sauté the carrots and bell peppers for 1 minute. Add the cooked rice and stir-fry for 1 minute. 3. Add the remaining ingredients, except the sesame seeds, and stir-fry for 1 to 2 minutes. Garnish with the sesame seeds.
Toasted sesame oil	4 T	8 T	
Carrots, diced	1 qt	2 qt	
Red bell peppers, diced	1 qt	2 qt	
Rice cooked, cooled	2¼ gal	4½ gal	
Seitan or vegetarian chicken	1½ qt	3 qt	
Green peas	1 qt	2 qt	
Green onions	1 qt	2 qt	
Salt	4 T	6 T	
Sesame seeds	1 C	2 C	

Serving	Yield	Volume
1 cup fried rice	50 Servings:	50 C
Each serving provides ¼ cup fruit/vegetable and 1 serving grains/breads. For meat/meat alternate, refer to product specs.	100 Servings:	100 C

Nutrients Per Serving					
Calories	259 kcal	Saturated Fat	1.1 g	Iron	2 mg
Protein	10 g	Cholesterol	0 mg	Calcium	35 mg
Carbohydrate	37 g	Vitamin A	2221 IU	Sodium	1017 mg
Total Fat	7.8 g	Vitamin C	24 mg	Dietary Fiber	2 g

Notes

Equipment list: large skillet. Recipe adapted from Chef Tanya Petrovna.