**QUICK & EASY FRIED RICE**

**Ingredients**

* 1 tablespoon canola oil
* 2 cloves garlic minced
* 2 teaspoons minced ginger
* 2 green onions sliced and separated
* 3/4 cup frozen carrots or diced fresh
* 3/4 cup frozen peas
* 2 eggs cooked and chopped
* 3 tablespoons soy sauce
* 1/2 teaspoon sesame oil
* 3 1/2 cups cold cooked white rice

**Instructions**

* Heat oil in a wok or nonstick pan over medium-high heat. Add in garlic, ginger and the white portion of the green onions. Cook until fragrant.
* Add carrots & peas, cook until heated and softened.
* Add rice (and protein if using) continue to cook until rice slightly crisped and brown. Don’t stir too much, you do want to get a little bit of caramelization.
* Add in cooked egg, soy sauce & sesame oil.
* Garnish with remaining green onion and sesame seeds if desired.