Parents, below are some special notes about the Fried Rice recipe and substitutions (servings 8):

* **3 Cups Cooked White long grain rice (or Jasmine Rice)**- *Please note- when we meet at 6:30, it is assumed that families have already cooked the plain white rice* ***before*** *the start of the cooking event.* 
  + *Our cooking show will focus mostly on the directions for how to turn plain white rice into fried rice.*
  + *If possible cook rice a day or two in advance- old and cold rice helps to keep it from being mushy (you can also make the rice on the same day- the recipe still works).*
* **Small white onion**- for families that don’t have an onion or don’t like onions you can leave it out.
* **1 Cup of Vegetables**- I will be using Peas and Carrots in our recipe- but feel free to add any vegetables that you may have in your fridge /freezer such as (bell pepper, broccoli, cauliflower, asparagus, snow peas and cabbage).
* **2 Eggs**
* **Sesame Oil** (Sesame Oil is ideal, but if needed this can be substituted for Olive Oil, Canola Oil, or even butter)
* **Soy Sauce** (essential ingredient)
* **Optional Meat Ingredient-** some families may choose to add a meat (chicken, fish, beef, etc…).  *Please cook the meat in advance and have it cut into small pieces if you want to include this in your recipe.*
* **Green Onions** (optional garnish- not required)