



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

October 14th, 2014 Cooking Class

Featuring

Shea Zappia

from Curly's Grill and Banquet Center

Basil Fried Rice

Serves 8

Ingredients:

- 1 cup Basmati Rice
- 2 cups Water or Stock
- 1 Tbsp. Olive Oil
- 2 tsp. Dark Sesame Oil
- 2 Eggs, beaten and lightly fried
- ½ tsp. Crushed Red Pepper
- 1 ½ tsp. Fish Sauce
- 1 oz. Fresh Basil
- 2 oz. Sliced Scallions

Notes:

Steam rice according to package directions. In a large skillet, add olive oil and sesame oil. Heat until pan is very hot and oil is about to smoke. Add rice and cook until browning. Add fried egg, crushed red pepper, fish sauce, and basil. Toss to combine. Top with scallions to serve.

Nutrition Facts			
Serving Size: 1/2 cup			
Servings: 1			
Amount Per Serving			
Calories 130	Calories from Fat 40		
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 1g	4%		
Trans Fat 0g			
Cholesterol 45mg	15%		
Sodium 95mg	4%		
Total Carbohydrate 20g	7%		
Dietary Fiber 0g	2%		
Sugars 0g			
Protein 3g			
Vitamin A 6%	• Vitamin C 4%		
Calcium 2%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



"Like" us on Facebook for photos from tonight's class! www.facebook.com/independenthealthfoundation



@HealthyOptBuff