

Egg Fried Rice

3 large eggs, well beaten

3 tablespoons canola oil, divided

4 cups cooked white rice, make sure it's not clumped together, break apart gently with fingers if need be

2 tablespoons soy sauce

Directions:

In a frying pan, heat one tablespoon of the oil and quickly scramble the eggs to a soft consistency and remove from pan to a bowl. In the same pan, heat the other two tablespoons of oil and begin frying the plain cooked rice, turning and frying sort of toasting it a bit for three to four minutes till all the rice has been fried a bit. Add the soy sauce and continue to stir and fry till the rice turns brown and the soy sauce is incorporated. Tip the scrambled eggs into the rice in the pan and quickly stir together just till egg is heated through. Serve hot. Good for breakfast, lunch or dinner.