

# Cooking with Kids<sup>Inc.</sup>

— *for a healthy future* —

## Chinese American Fried Rice with Sweet & Sour Cucumbers

Serves 4 to 6

In China, rice is usually served plain to balance the flavors of other dishes. Fried rice provides plenty of protein, is low in fat and is easy on the pocketbook. Most children love it!

### Rice

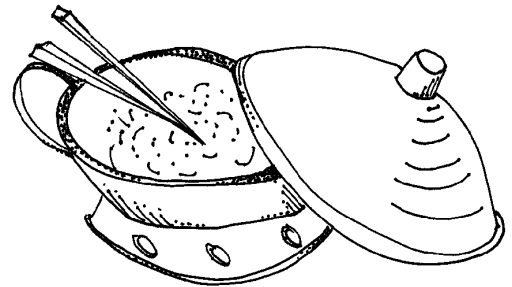
2 cups water  
1 cup Jasmine or long grain white rice  
½ teaspoon salt

### Egg Pancake

2 eggs  
½ teaspoon water  
2 teaspoons vegetable oil

### Vegetables & Other Ingredients for Fried Rice

1 tablespoon vegetable oil  
1 garlic clove, minced  
1-inch piece peeled and minced fresh ginger  
1 carrot, grated or cut into match sticks  
1 zucchini, diced into ¼-inch pieces  
1½ cups cabbage, chopped or torn into ¾-inch pieces  
2 tablespoons soy sauce  
1 cup frozen peas  
1 green onion, thinly sliced



**Cook the rice:** In a saucepan, bring the water to a boil over high heat. Add the rice and salt, return to a boil and cover. Reduce heat to low and cook rice, covered, until all the liquid has been absorbed, about 20 minutes. Let the rice sit for at least 5 minutes.

**Make the egg pancake:** In a bowl, whisk together the eggs and water. Heat a large skillet over high heat and add 2 teaspoons vegetable oil. Pour the eggs into the pan. Cook over medium-high heat for about 2 minutes. Cover the pan and continue to cook 1 minute more, until the egg pancake is set. Turn the pancake out onto a cutting board and cut into strips.

**Finish the fried rice:** Heat a large skillet over medium high heat and add 1 tablespoon vegetable oil. Add the garlic, ginger, and carrots and cook for about 1 minute. Add the zucchini, cabbage, and soy sauce. Cover and cook about 3 minutes more. Stir in the peas and green onion, reduce the heat to medium and stir in the rice. Place the strips of egg on top of the rice and stir gently. Serve immediately.

## Sweet and Sour Cucumbers

1 large cucumber  
2 tablespoons rice vinegar  
1 tablespoon water  
1 teaspoon sugar  
¼ teaspoon salt

Peel the cucumber and cut it in half lengthwise. Slice into ¼-inch-thick slices. Transfer the cucumber slices into a bowl.

In a small bowl, whisk together the rice vinegar, water, sugar, and salt until the sugar and salt are completely dissolved. Pour the vinegar dressing over the cucumber slices and mix well. Serve the cucumbers as a side dish.