# Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

**MCDOUGLE ELEMENTARY SCHOOL/CULBRETH MIDDLE SCHOOL**
Chapel Hill, North Carolina

## Our Story

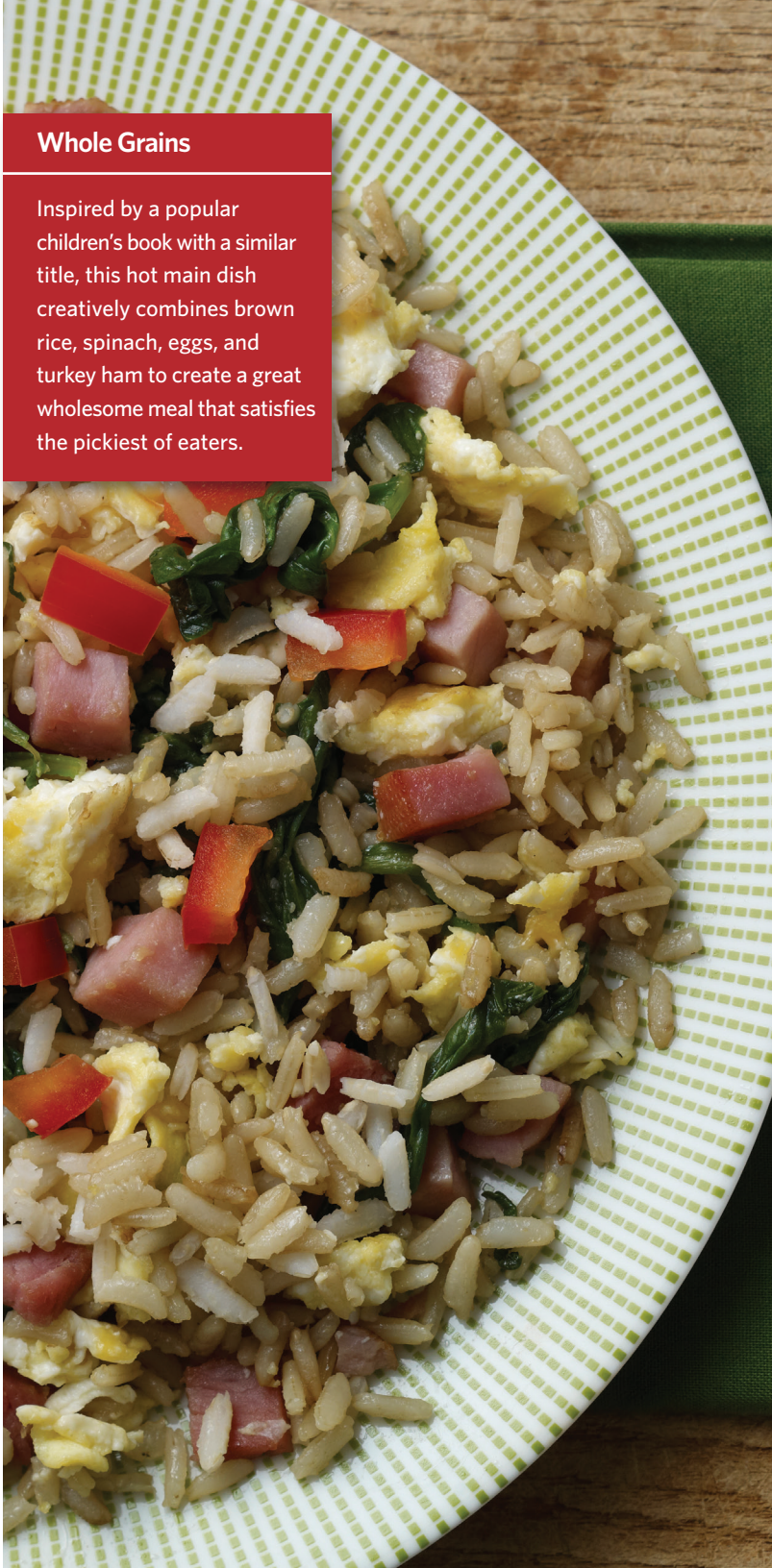
A local restaurant owner and chef worked with the recipe challenge team comprised of students from McDougle Elementary School and Culbreth Middle School. The team developed this recipe using the chef's cooking style, consisting of North Carolina ingredients and Asian-inspired flavors. Stir-Fried Green Rice, Eggs, and Ham is a beautifully presented and colorful dish that will be an instant kids' favorite, not only due to the recipe's name, but also its taste!

## School Team Members

**SCHOOL NUTRITION PROFESSIONAL:** Ryan McGuire
**CHEF:** Andrea Reusing (Owner, Lantern Restaurant)
**COMMUNITY MEMBERS:** Joe Palladino (Cafeteria Manager at Culbreth Middle School) and Liz Cartano (District Manager of the Food and Nutrition Department for Chapel Hill Carrboro City Schools)
**STUDENT:** Bridget P.

**Whole Grains**

Inspired by a popular children's book with a similar title, this hot main dish creatively combines brown rice, spinach, eggs, and turkey ham to create a great wholesome meal that satisfies the pickiest of eaters.



# Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

## Ingredients

**1 ¾ cups** Brown rice, long-grain, regular, dry

**⅓ tsp** Salt

**¾ cup** Frozen chopped spinach, thawed, drained

**6 large** Whole eggs, beaten

**1 Tbsp** Vegetable oil

**½ cup** Extra-lean turkey ham, diced ¼" (2 oz)

**¼ cup** Fresh green onions, diced

**1 tsp** Sesame oil

**1 tsp** Low-sodium soy sauce

**Preparation Time: 20 minutes**
**Cooking Time: 1 hour**
**Makes six 1-cup servings**

## Directions

**1.** Combine brown rice and 4 ½ cups water in a large pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Add salt to rice. Mix well. Set aside. A rice cooker may be used with the same quantity of brown rice and water.

**2.** Drain water from spinach by squeezing thawed spinach with hands. Set aside.

**3.** Whisk together eggs and 1 Tbsp water.

**4.** Cook half of the eggs in a large nonstick skillet coated with nonstick cooking spray. Remove eggs from skillet to cool. Chop cooled eggs and set aside. Reserve the remaining eggs for step 6.

**5.** Heat vegetable oil in a wok or a large nonstick skillet over high heat. Add ham and cook for 2 minutes or until ham begins to brown.

**6.** Reduce heat to medium. Add brown rice and toss to mix. Add remaining eggs. Stir for 5 minutes or until egg is fully cooked.

**7.** Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated. Serve hot.

1 cup provides 1 oz equivalent meat/meat alternate and 1 ½ oz equivalent grains.

**Nutrients Per Serving:** Calories **238,** Protein **9 g,** Carbohydrate **35 g,** Dietary Fiber **3 g,** Total Fat **7 g,** Saturated Fat **1 g,** Cholesterol **74 mg,** Vitamin A **1961 IU (120 RAE),** Vitamin C **< 1 mg,** Iron **1 mg,** Calcium **53 mg,** Sodium **313 mg**