



## Fried Rice & Chocolate Mousse Equipment and Ingredient List

**\*\*PLEASE cook rice Day BEFORE. Cold left over rice is BEST for Fried Rice\*\***

### Ingredients

4 cups brown rice - **day old**  
1/2 cup onion, diced  
2 Tbsp garlic, minced  
1 cup carrot  
4 Tbsp green onions  
1 cup frozen peas or edamame  
2-3 avocados soft  
1 cup dates, dried, pitted  
Topping for mousse - (fresh berries, diced fruit or coconut flakes)

4 eggs  
1/3 cup milk, almond or cow  
1 tsp vanilla  
1/2 cup cocoa powder  
1 tsp cinnamon  
2 tsp sesame oil  
2 Tbsp soy sauce  
2 Tbsp - Olive Oil  
2 tsp - Salt and Black Pepper

Optional to add to fried rice:  
Diced ham, cooked chicken or shrimp  
Other veggies like celery, broccoli, etc.

### Equipment

1 - blender or food processor  
1 - non stick skillet 12"  
1 - bowl med - to whisk eggs  
1 - measuring cups  
1 - spatula  
1 - knife  
1 - cutting board  
4 - plates for eating  
6 - ramekins or small bowls for mousse  
pudding  
1 - plate for mise en place



## Rainbow Fried Rice

SERVES: 4

**Pillars of Nutrition: All in for Whole Grains & Eat the Rainbow**

### Ingredients

- 4 cups cooked and cooled **brown rice** (**preferably day old**)
- 1/2 cup **onion**, finely minced
- 2 tablespoon **garlic**, finely minced
- 1 cup **carrots**, diced (or grated)
- 4 tablespoons **green onions**, thinly sliced
- 2 teaspoon **sesame oil**
- 2 tablespoon **soy sauce**
- 2 tablespoon **olive oil**
- 1 cup **peas or edamame** (frozen ok)
- 4 **eggs**
- ½ teaspoon kosher **salt**
- Add **chili oil** for a bit of spice (optional)

### **Variations** to Try

- Add diced ham, cooked chicken or shrimp
- Frozen or canned veggies are perfect substitutes
- Try other colors of veggies like red cabbage, celery and broccoli
- Add 1 tablespoon grated ginger when adding the garlic for zip

### Something to **Chew** On

- This bowl is complete w vegetables, protein (eggs) and whole grains (brown rice)
- Fried rice is a perfect breakfast, lunch or dinner option
- Why does the rice need to be cooled when making fried rice?

1. If there is no day old **rice**, cook **rice** and let it completely cool to room temperature.
2. Prep the vegetables: Mince the **onion** and **garlic**, grate the **carrots** and thinly slice the **green onions**.
3. In a small bowl, combine **sesame oil**, **soy sauce**, and sliced **green onions**. Set aside.
4. Heat the **olive oil** in a large pan (preferably non-stick), then add the **onion**, **garlic**, **carrots** and **peas** to the pan and sauté for 2-3 minutes, stirring occasionally.
5. Whisk the **eggs** with the **salt** in a separate bowl.
6. Move the vegetables to the sides of the pan to make space in the middle. If necessary, add more **olive oil** to the space in the middle, add the **eggs**, and scramble until cooked. Add the **rice** to the pan and gently mix to combine all the ingredients. Continue cooking for 1-2 minutes.
7. Sprinkle the **fried rice** with the **sesame oil/soy sauce/green onion mixture** and stir to combine.
8. Add **chili oil** for a bit of spice (optional) and serve. Enjoy!



# Sugar Smart Chocolate Mousse Pudding

SERVES 6

Pillar of Nutrition: Be Sugar Smart

## Ingredients

- 1 cup pitted **dates**, finely chopped
- 1/3 cup **almond milk**
- 1 teaspoon **vanilla**
- 2-3 **soft avocados**
- 1/2 cup **cocoa powder**
- Pinch or more of **cinnamon**

## Toppings

- Fresh **berries** of any type
- Diced **fruit (apples, mangoes, peaches, plums)**
- **Coconut flakes**
- **Nuts or seeds**

## Variations to Try

- If dates are firm, soak in almond milk for 10 minutes
- Make your own sundae!
- Substitute one over ripe banana for the avocados

## Something to Chew On

- What makes this dish sweet?
- Why are avocados considered a “perfect” food?
- Where do avocados grow?

## Directions

1. Chop the **dates** into small pieces. Dice any fruit you want to use for a topping.
2. Add all ingredients except toppings to a blender. Turn on medium and then high, blending for 1 to 2 minutes until it looks like pudding.
3. Add a bit more **milk** if it is too thick; add more **dates or avocado** if it is too thin.
4. Serve topped with any combination of toppings. Enjoy!