

PPLD Young Adult Services Tutorial:

Fried Rice with Edamame

Description:

Learn how to make homemade fried rice with edamame! #TeensEat #lifekills

Supplies:

1. 2 teaspoons toasted sesame oil
2. 2 eggs, lightly beaten
3. 2 green onions, white and light green parts only, thinly sliced
4. 1 ½ cups leftover cooked rice
5. ½ cup cooked shelled edamame
6. 1 tablespoon teriyaki sauce

Link to Video Tutorial:

<https://youtu.be/2du-0pnJN2U>



Instructions:

1. Slice the white and light green parts of two green onions.
2. In a medium skillet, heat the sesame oil over medium heat.
3. Add the eggs and scramble until just cooked.
4. Add the green onions, cooked rice, edamame, and teriyaki sauce.
5. Cook, stirring often, until everything is warmed through, about 2 minutes.