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**Vegetable Fried Rice**

 ***Ingredients:***

* 4 c Cooked Rice (basmati, jasmine etc.)
* 1 c Soy Curls (opt)
* 2 T Sesame Oil
* 1 Onion (med/diced)
* 1 c Carrots (diced)
* 1 c Frozen Peas
* 1 c Corn
* ½-1c Broccoli Florets
* ½ c Snow Peas
* ½ t Sea Salt
* 1 t Chik N’ Seasoning
* Soy Sauce to taste
* Dash of Cayenne (opt)

***Directions:***

1. Heat oil in a wok or skillet and saute onion until clear and tender.
2. Add carrots, broccoli, peas, and corn. When carrots are almost tender, add snow peas, cooked rice and seasoning.
3. Pour into platter and serve hot. Serves: 4-6