

TERIYAKI Fried Rice

WARM AND NOURISHING, this panfried rice is a brown-bag favorite. The dish starts with a couple of scrambled eggs to which rice, edamame, and seasonings are added. If you happen to be making eggs for breakfast, it's just a few extra steps to make this savory lunch dish. Naturally, brown rice is more nutritious than white. Leftover farro or barley make tasty substitutions.

MAKES 2 TO 3 SERVINGS

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

- 1 In a medium skillet, heat the sesame oil over medium heat. Add the eggs and scramble until just cooked. Add the green onions, cooked rice, edamame, and teriyaki sauce, and cook, stirring often, until everything is warmed through, about 2 minutes.
- 2 Divide the fried rice between two or three thermoses.

MAKE-AHEAD NOTES: can be made a day ahead and stored in the refrigerator. In the morning before school, warm up and pack into the thermoses.

