

Emerald Rice

Makes 4- 6 servings

1 large bunch spinach, tough stems discarded
2 teaspoons sea salt
1 tablespoon vegetable oil
2 green onions, trimmed and chopped
4 cups cold cooked long-grain rice, grains separated
1/4 pound Smithfield ham or bbq pork, cut into 1/2-inch cubes
1 egg omelet, cut into 2-inch strips
1 teaspoon oyster-flavored sauce
sea salt to taste
1 tablespoon light soy sauce

1. Wash, drain and finely chop spinach leaves. Toss with salt in a bowl. Let stand until spinach is wilted, about 10 minutes.

2. Squeeze spinach with your hands to remove excess water. Chop spinach again. (To reduce sodium in the dish, instead of salting spinach, cook it in a microwave until slightly wilted, then squeeze dry and finely chop.)

3. Heat a wok or stir-fry pan over medium-high heat until hot. Add oil, swirling to coat sides. Scatter green onions in pan; stir fry until fragrant, about 30 seconds. Add rice, ham, omelet strips and chopped spinach. Add oyster sauce, salt and soy sauce. Cook, stirring, frequently, until rice is heated through, 2 to 3 minutes.

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