

# Quick Breakfast Fried Rice

If you're not accustomed to eating fried rice for breakfast, we obviously didn't live in the same college dorm. I love this grown-up version because there are still those mornings when you stare into the refrigerator and have difficulty imagining how all the little bowls of leftovers might somehow come together into a meal. Breakfast rice is almost always the answer. All you need: leftover rice, a few eggs, a little bacon if you'd like, and a couple of green onions. Ginger, lemon, and parsley complete this most crave-worthy morning meal. **SERVES 4**

**Morning Notes:** *While I prefer slightly fragrant and nutritious long-grain brown rice, use any leftover rice you have on hand—or really, any leftover grains at all.*

4 ounces / 115 g thick-cut bacon, chopped  
4 tablespoons / 60 ml sesame oil  
3 green onions, white and light green parts, finely chopped (about 3 tablespoons)  
2 cloves garlic, minced  
4 large eggs  
3 cups / 400 g day-old cooked long-grain brown rice, at room temperature (see page 23)

1 tablespoon minced fresh ginger  
3 tablespoons sesame seeds, toasted (see page 12), plus more for serving  
2 tablespoons low-sodium soy sauce  
1 tablespoon grated lemon zest  
Kosher salt (optional)  
Freshly ground black pepper (optional)  
 $\frac{1}{3}$  cup / 7 g chopped fresh flat-leaf parsley (optional)

➤ In a large heavy-bottomed skillet, cook the bacon over medium heat until brown and crisp, 5 to 7 minutes. Use a slotted spoon to transfer the bacon to a plate lined with paper towels to drain. Drain the bacon drippings from the skillet.

➤ Place the skillet back on stove over medium heat and pour in 3 tablespoons of the sesame oil. Add the green onions and garlic and sauté until fragrant, 1 to 2 minutes. Decrease the heat to low, break the eggs directly into the skillet, and scramble them. Add the rice, bacon, ginger, remaining 1 tablespoon of sesame oil, sesame seeds, soy sauce, and lemon zest. Stir to combine and cook until warmed throughout. Taste and season with salt and pepper if desired. Stir in the parsley at the very end.

➤ Scoop into bowls and sprinkle with toasted sesame seeds. Serve hot.

**Make It Your Own:** *If I have leftover chicken or pulled pork, I often omit the bacon and stir bits of that in toward the end. Alternatively, make this a vegetarian recipe by omitting the bacon altogether. If you'd like to dress it up a bit, fold in a few diced sautéed vegetables like squash, zucchini, or carrots and top with a dash of hot sauce—if that's your kind of thing.*