

Turkey Fried Rice

2 tbsp. vegetable oil
3 celery stalks, diced
1 onion, diced
1-2 cups shredded, cooked turkey or chicken
2 cups frozen vegetables
3 cups of cooked rice
Soya sauce (to taste)
Pepper

1. In a large skillet, heat oil over medium heat.
2. Add celery and onion and sauté until onion is clear and celery is tender.
3. Add turkey and vegetables and heat until warm.
4. Add rice, soya sauce and pepper. Stir all together until thoroughly heated.