Alaska Surimi Seafood & Veggie Fried Rice with Toasted Cashews
Makes 7.5 pounds (about 5 quarts)

Rice: (or use about 12 cups cooked rice)
4 cups (about 2 lb.) Calrose medium-grain rice
2 tsp. salt
6 cups water

Eggs and Fried Rice Goodies:
6 eggs
2 Tbsp. water
4 Tbsp. vegetable oil, divided
6 oz. (about 1 cup) diced celery
8 oz. (about 1 cup) 1/4-inch-diced carrots
1 oz. (2 Tbsp.) minced ginger
1 oz. (2 Tbsp.) minced garlic
4 oz. (about 1 cup) IQF peas, defrosted
1-1/2 oz. (about 1/2 cup) thinly sliced green onion
2-1/2 lb. Alaska Surimi Seafood (Imitation Crab)
1/2 cup soy sauce
8 oz. (about 1-1/2 cups) coarsely chopped toasted cashews

To achieve that great "fried rice" consistency, cook rice the day before or at least 4 hours in advance, and chill. Let sit at room temperature for 30 minutes before frying.

Rinse rice in a strainer until the water runs clear. Shake rice and DRAIN WELL.

To cook in a rice cooker: Place drained rice in rice cooker with salt and water. Stir well, cover and steam until tender, per manufacturer's directions. After rice is cooked, fluff with a fork, let cool, then refrigerate.

To cook the eggs: In a bowl, whisk eggs with water. Heat 1 Tbsp. of oil on a flat-top griddle until hot. Add eggs and, with a spatula, lift eggs as they cook, letting uncooked part run underneath until set. Transfer eggs to a cutting board. Let cool, then cut eggs into 1/8-inch strips.

To fry the rice: Heat remaining 3 Tbsp. oil on a flat-top griddle over medium-high heat. Lightly fry celery, carrot, ginger and garlic for about 30 seconds, then add the cooked rice. Stir-fry for about 2 minutes. Add peas, green onion, Alaska Surimi Seafood and shredded eggs. Stir-fry for about 2 minutes more, until heated through, then drizzle with soy sauce and scatter with cashews. Toss to mix well.

Nutrients per 6 oz. serving: 184 calories, 6g total fat, 1g saturated fat, 28% calories from fat, 43mg cholesterol, 9g protein, 24g carbohydrate, 1g fiber, 391mg sodium, 18mg calcium, and 150mg omega-3 fatty acids.