

Mealworm Fried Rice

Ingredients:

- 1 egg, beaten
- 1 tsp. oil
- 3/4 c. water
- 1/4 c. chopped onions
- 4 tsp. soy sauce
- 1/8 tsp. garlic powder
- 1 c. minute rice
- 1 c. cooked mealworms



Directions:

Scramble egg in a saucepan, stirring to break egg into pieces.

Add water, soy sauce, garlic and onions. Bring to a boil.

Stir in rice. Cover; remove from heat and let stand five minutes.