St. Patrick’s Day “Green” Pot luck Menu

We have team members with gluten sensitivity, nut allergies, and vegetarian preferences so a pot luck was a perfect way to honor their diet restrictions. The rule was to bring something that had green in it to celebrate St. Patrick’s Day.

Garlic Green Beans

Green Pasta Salad

Sweet Potatoes baked “green-style”

Green Fried Rice

Guacamole and chips

Artichoke/Spinach dip

Salad with “Greens”

Green Cheesecake Brownies

Key Lime Pie

Green Fried Rice Recipe

5 cups of Medium-grain rice cooked with green food coloring

Chopped onion (1 medium) and carrots (3 medium)

1 bag of frozen Peas

1 bag of frozen Corn

2 beaten eggs

Toasted Sesame oil (2 Tbls)

Olive oil (2 Tbls)

Soy sauce to taste

Garlic salt to taste

Cook rice and cool in refrigerator

Heat wok or large skillet to medium-high heat

Add sesame oil, onion and carrots, cook for 2 to 3 minutes while stirring

Add in eggs and stir quickly to break up egg into small bits as it cooks.

Pour into a bowl and set aside.

Add olive oil until sizzles

Add rice and stir as it cooks for 3-4 minutes

Add soy sauce and onion/carrot/egg combination

Stir all ingredients and add corn and peas

Add garlic salt to taste

NOTE: you can also add meat such as ham, pork, chicken, shrimp if you prefer