

Pre Ride: The Boulder Rice Cake

FEED ZONE PORTABLES

Biju Thomas and Dr. Allen Lim

Ingredients:

3 cups uncooked sticky rice
4 ½ cups water
¼ cup chopped fresh tomato
1 tablespoon minced bell pepper
¼ cup bacon
2 tablespoons minced onion
6 eggs, lightly beaten
¼ cup cheddar cheese

Optional: Sriracha sauce to taste



Directions:

Combine rice, water, and a dash of salt in a rice cooker and let cook.

Bring saute pan to medium-high heat with just enough oil to coat bottom of the pan. Add tomatoes, bell peppers, bacon, and onions. Cook mixture until onions are translucent and bacon is lightly crispy.

Pour in eggs and cook for just a few minutes, until eggs are almost dry and all ingredients are incorporated well. Remove from heat.

Combine rice with cooked ingredients. Evenly spread into a 9" x 12" baking pan and sprinkle with cheese.

Let set up for a few minutes, then cut into squares and wrap.

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