

Chicken Fried Rice

Ingredients

- 1 cup brown rice
- 2 cups water
- 3/4 tsp vegetable oil
- 3/4 tsp sesame oil
- 3/4 tsp garlic, minced
- 2-1/2 tsp onion, chopped
- 3/4 tsp ginger root, minced
- 3/4 lb frozen cooked diced chicken
- 1 cup frozen peas and carrot, without salt
- 2 tbsp soy sauce, low sodium
- 1-1/8 tsp sambal oelek chili sauce

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 297 calories, 5.83 g fat, 0.23 g saturated fat, 243 mg sodium, 37.77 g carbohydrate, 3.27 g fiber, 1.9 g sugar, 22.8 g protein

Directions

1. Cook rice according to package instructions.
2. Heat sauté pan and add oil. Sauté garlic, onion, and ginger for about one minute.
3. Add chicken and sauté for 3 minutes.
4. Add rice and stir fry on HIGH heat for 3 minutes or until rice starts to brown. (Keep all food moving in pan as to not burn the rice).
5. Add peas and carrots, soy sauce, and sambal. Heat until internal temperature reaches 165°