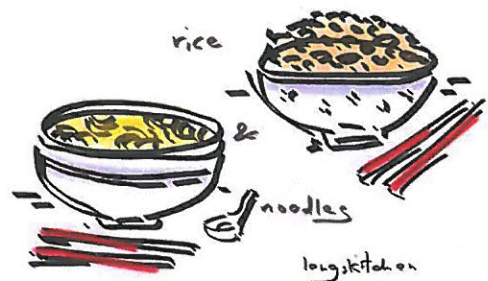




Chicken Fried Rice

Makes 6 servings

- 2 tablespoons vegetable oil or Sesame oil
- 3 cups cooked brown rice
- ½ cup chopped onion
- 1 cup frozen vegetables thawed
- 2 tablespoons soy sauce, low-sodium
- 2 medium eggs, beaten
- 1 cup cooked bite-size pieces of chicken
- Garnish with sliced green onion



Directions

1. Preheat an electric or large skillet to a high heat.
2. Pour oil(s) in the bottom of the skillet. Add white onion and vegetables and fry until tender.
3. Slide the vegetables to the side of the pan and pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mixture.
4. Add the rice and chicken to the veggie and egg mixture. Pour the soy sauce on top.
5. Stir and fry the rice and veggie mixture until heated through and combined.
6. Garnish with chopped green onions if desired.
7. Refrigerate leftovers

