

CHICKEN AND VEGETABLE FRIED RICE



Serves 2

Serving Size: 2½ cups

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Ingredients

- 2 tablespoons olive oil, divided
- 1 cup boneless, skinless chicken breast, diced
- 2 teaspoons freshly chopped garlic
- 2 teaspoons freshly chopped ginger
- 2 cups of chopped vegetables (for example: 1/2 cup chopped or shredded cabbage, 1/4 cup chopped carrots, and 1/4 cup peas)
- 3-5 chopped green onions
- 2 cups cooked brown rice
- 2 teaspoons low sodium soy sauce

Directions

1. In a wok add half tablespoon of olive oil over medium-high heat. Once the oil is hot, add the chicken pieces and let it cook, approximately 5–6 minutes. Once cooked, remove the chicken and set aside. (If using leftover cooked chicken, just heat slightly)
2. In the same wok add the remaining olive oil and heat over medium-high heat. Add the garlic and ginger and cook for 2–3 minutes. Add the chopped green onions and other vegetables.
3. Cook on high heat for approximately 5 minutes.
4. Once the vegetables are tender, add the cooked rice and chicken and toss again on medium heat for 2 minutes.
5. Add the soy sauce and toss to combine.



Eat Smart

Nutrition information Per Serving

| | | |
|--------------------------------|--------------------|---------------|
| 512 calories (with chicken) | Carbohydrates 58 g | Fat 18 g |
| | Fiber 8 g | Sodium 617 mg |
| | Protein 29 g | |



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