

Easy Chicken Fried Rice

- Any canned protein may be used in place of chicken. Try tuna, salmon, or add soy beans or chickpeas for a plant-based protein.
- Using leftover rice works well in this recipe!
- Use brown rice to add whole grains and maximize your nutrition.
- Fresh, frozen, or canned vegetables can be used in this dish. Be sure to rinse canned veggies to reduce sodium!

Nutrition Facts

Serving Size 3/4 cup
Serves 6

Amount Per Serving

Calories 194

% Daily Value*

Total Fat 7.8g 12%

Saturated Fat 4.7g

Trans Fat 0g

Cholesterol 66.9mg 22%

Sodium 372.7mg 16%

Total Carbohydrate 24.1g 8%

Dietary Fiber 2.7g 11%

Sugars 2.5g

Protein 7.1g 14%

Calcium 3% Iron 7%

Vitamin D 7% Potassium 11%

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Servings: 6 Prep Time: less than 30 minutes

Ingredients:

- 1 cup dry rice
- 2 Tablespoons vegetable oil
- 1 medium onion
- 1 can (14.5oz.) mixed vegetables or 2 cups frozen mixed vegetables
- 1 can (10oz.) chunk chicken (or other protein of choice)
- 2 eggs
- 1/2 teaspoon garlic powder
- 2 Tablespoons low sodium soy sauce

Directions:

1. Prepare rice according to directions on package (skip if using leftover rice) Check out the food bank's tip sheet for perfect brown rice!
2. Heat 1 1/2 Tablespoons of oil over medium-high heat
3. Peel and dice onion. Add to pan
4. Once onions are translucent, add rinsed canned vegetables. Stir to combine.
5. Drain chicken and add to veggie mixture. Cook 3-5 minutes until chicken is warmed through
6. Push chicken and veggie mixture to the edges of the pan, creating a space in the middle to cook the eggs. Crack and scramble the eggs with the remaining oil in the middle of the pan. Once they are cooked, mix to combine chicken, eggs and veggies
7. Add garlic powder, cooked rice, and soy sauce. Stir to combine and cook for 3-5 more minutes.

Recipe Credit:

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Adapted from Kitchen Treaty