



## Chicken Fried Rice

### Ingredients

- 6 oz. chicken breast, chopped
- 2 tbsp. soy sauce
- 2 tsp sesame oil
- ¼ cup vegetable oil
- ¾ cup onion, chopped
- ½ (10 oz.) package frozen mixed vegetables
- 4 cups cooked white or brown rice
- 3 eggs, lightly beaten

### Instructions

1. Toss chicken with soy sauce and sesame oil and let marinate 10 min. at room temperature
2. Heat large skillet on med-high heat. Add chicken and marinade and sauté 3-4 min.
3. Set chicken aside on plate and heat oil in skillet over med. heat, add onion and cook 3 min.
4. Stir in veggies and cook 1 min. Increase heat and add rice, stir and cook 3 min.
5. Create well in rice and add eggs. Scramble until just soft and mix in. Add chicken and stir to combine

Servings: 4

Cost Per Serving: \$1.00



*Flip over for Nutrition Information!*



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## Nutritional Information

**Calories per Serving: 515**

**Fat: 23 g**

**Protein: 31 g**

**Carbohydrates: 50 g**

**Fiber: 2 g**



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