

Chicken Fried Rice

Makes 6 servings | Grains • Protein • Vegetables

Ingredients

- 3 - 4 green onions, sliced
- 2 Tablespoons canola oil
- 2 eggs, beaten
- 1 ½ cups pre-cooked chicken or 1 10-ounce pouch of chicken
- 3 cups cooked brown rice
- 2 Tablespoons low-sodium soy sauce

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If rice is not cooked, follow directions on package and cook it first.
3. In a skillet or electric skillet, cook green onions in oil until tender. Add egg and cook to a scrambled egg consistency. Remove egg from pan.
4. Increase heat to high. Add rice, eggs, chicken, and soy sauce. Stir constantly until rice is heated through.

Variation

- Add Veggies- In step 4, add 1½ cups of canned vegetables or a 10-ounce bag of frozen vegetables.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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