Chicken Fried Rice

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Adapted from Rachel Cooks

Pro Tip: Have everything ready to go for this recipe — it moves very quickly from step to step!

Serves 3 — Serving size 3/4 to 1 cup (measure it out!) ***if you like cauliflower rice, you can substitute all or half of the regular rice to reduce the points***

This recipe is great to use up leftover rice and chicken! I like to make this the day after we have a dish that uses both those ingredients. I make a bit extra of each so I have enough to make this for lunch the next day!

Blue - 5 points

Purple - 1 point (if you use brown rice)

Green — 8 points

- 3 cups cooked rice (day old and cold is the best to use)
- •8 oz cooked chicken breast, chopped small
- 1/2 Tbsp olive oil
- 1/2 small diced onion
- 1 cup frozen peas and carrots
- 2 cloves garlic, minced
- 1 tsp minced or grated ginger
- 2 Tbsp reduced sodium soy sauce or coconut aminos
- 1 tsp sesame oil

- 2 eggs, beaten
- 3 green onions, thinly sliced
- 1. Heat a large skillet or wok over medium high heat
- 2. Add oil, rice and chicken and cook, stirring only once or twice for 8-10 minutes until the rice starts turning golden brown.
- 3. Push rice mixture to one side of pan and add onion and peas and carrots to the other side of the pan. Cook vegetables 4-5 minutes or until tender, stirring frequently.
- 4. Add garlic and ginger and cook until fragrant, about 1 minute.
- 5. Mix vegetables and rice together and add soy sauce and sesame oil, stirring to combine.
- 6. Push vegetables and rice to the side of the pan.
- 7. On the other side of the pan, add eggs and cook, stirring until scrambled. Chop up slightly.
- 8. Mix everything together and top with green onions.

Main Course, Side Dish Chicken, Chinese fried rice