

Fried Rice with Chicken

This fried rice with chicken recipe is a healthier alternative to the takeout classic, but tastes just as delicious!

Makes: 6 servings
Prep Time: 35 minutes
Cook Time: 30 minutes

Source: CommonThreads.org, Fried Rice

Ingredients

- 1 cup brown rice
- 2 cups water
- 1 teaspoon salt
- 2 Tablespoons + ½ teaspoon olive oil
- 2 chicken breasts, diced into 1 inch cubes
- 1 red bell pepper, chopped into 1/2 inch cubes
- 1 large carrot, peeled and julienned
- 1 bunch scallions, chopped
- 2 cloves garlic, minced
- ¼ cup soy sauce
- 2 cups spinach (or other greens)
- 1 egg
- Salt and pepper, to taste

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Peeler
- Large pot
- Sauté pan
- Spatula or spoon
- Fork



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	216
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	55 mg
Sodium:	444 mg
Total Carbohydrates:	29 g
Dietary Fiber:	2 g
Total Sugars:	2 g
Protein	14 g

My Cooking Notes

Directions

1. Combine 1 cups of brown rice with 2 cups of water in a large pot. Place the large pot on the stove over medium-high heat and allow it to boil. Once at a boil, add 1 teaspoon salt, reduce simmer and let cook for 40 minutes until rice has absorbed the water. Remove from heat, fluff with a fork, and set aside.
2. Add 2 Tablespoons olive oil to sauté pan using medium heat, add diced chicken, season with salt and pepper, cook until golden brown, no pink in the middle and juices run clear (If using meat thermometer cook to internal temperature of 165F). Then add diced red bell pepper, julienned carrots, and chopped scallions to the sauté pan. Sauté for 2-3 minutes and then add minced garlic, cooking until vegetables are tender and fragrant. Be sure to not burn your garlic, reduce heat if necessary.
3. Add the cooked rice to the sauté pan with the vegetables and chicken. Mix thoroughly and then add soy sauce and spinach. Cook until the spinach is wilted.
4. Clear a space in the middle of the pan once all ingredients have been added by moving ingredients to the perimeter of the pan. Add 1/2 teaspoon of olive oil into the cleared space and quickly add egg to scramble. Stir and combine scrambled egg into the fried rice mixture.

SHOPPING LIST

Average total cost without oil and seasonings: \$14.23

Average cost/serving: \$2.37

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Brown Rice (16 oz.)



Add 1 to Cart
Scallions/Green Onions (1 bunch)



Add 1 to Cart
Chicken Breasts



Add 1 to Cart
Red Bell Pepper



Add 1 to Cart
Eggs (1/2 dozen)



Add 1 to Cart
Carrots (1 lb. bag)



Add 1 to Cart
Garlic (bulb)



Add 1 to Cart
Spinach (10 oz.)



Add 1 to Cart
Soy Sauce (15 fl. oz.)

