



CHICKEN FRIED RICE

MATERIALS:

- Skillet or Wok
- Sharp Knife
- Bowl
- Measuring Spoons
- Measuring Cups

INGREDIENTS:

- 2 cloves garlic, minced (or 2 tsp garlic powder)
- 1 lb boneless, skinless, diced in 1/2 inch pieces
- 1 cup shredded carrots
- 1/2 cup frozen or canned peas
- 3 green onions, sliced (optional)
- 2 large eggs, beaten (or 1/2 liquid eggs)
- 2 tbsp oil
- 3 cups cooked brown rice
- 3 tbsp low sodium soy sauce
- 1 tsp black pepper

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DIRECTIONS:

1. In a large skillet or wok, add the oil and chicken. Cook over medium-high heat for about 4-6 minutes, stirring frequently so all the chicken is cooked evenly.
2. Remove chicken and place into a bowl.
3. Add the carrots, peas, and green onions (if using) to the skillet and cook for about 2-3 minutes, till softened.
4. If using garlic cloves, add now and cook for 1-2 minutes.
5. Push vegetables to one side of the skillet or wok, and add the eggs to the other side. Cook to scramble.
6. Add the chicken and rice to the skillet or wok and drizzle with soy sauce. Add the black pepper. Stir to combine. Cook for about 2 minutes, or until chicken is reheated thoroughly. Enjoy!

Chef's Notes:

- Add any vegetable that you like! Some good add ins can be broccoli and onion.
- Great one pan meal that can feed the whole family!