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Fried Rice with Chicken

Makes six 1-cup servings

Ingredients:

- 2 tablespoons vegetable oil
- 3 cups cooked brown rice, cooled*
- 1 carrot, cut into 1/4-inch slices
- 1/2 bell pepper, chopped
- 1/2 cup chopped onion
- 1/2 cup chopped broccoli
- 2 tablespoons soy sauce
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 2 eggs, beaten
- 3/4 cup cooked bite size pieces of chicken*

Instructions:

1. Heat oil in a large skillet over medium heat.
2. Add rice and stir for 5 minutes.
3. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender.
4. Remove mixture from pan.
5. Pour eggs into pan and scramble.
6. Put vegetable and rice mix back in the pan and mix with scrambled eggs.
7. Add chicken and cook until hot.

* This is a great recipe if you have leftover cooked rice or chicken. If you don't have these on hand, cook them before starting the recipe. Cook the necessary amount of rice according to package directions. Cook 3/4 cup of raw, small pieces of meat in 2 teaspoons of vegetable oil over medium heat until fully cooked.

Be Creative! Use any fresh, frozen, or cooked veggies. If you use cooked vegetables, add them in step #6.

Source: Eating Smart and Being Active curriculum Colorado State University and University of California Extension.

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Nutrition Facts	
6 servings per container	
Serving size	1 cup (196g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 340mg	15%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 322mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
30% calories from fat	

