

Chicken Fried Rice

(Healthy Style)



Ingredients

- 1 ½ c instant brown rice
- 1 ¼ c 2 T water or chicken broth
- 3 egg whites
- 3 T scallions (green onions), chopped, green and white parts
- 1 ½ cloves garlic, minced
- 1 chicken breast, cut into ½” cubes
- ¼ c carrots, diced
- ¼ c frozen green peas, thawed
- 2 T soy sauce

Directions

1. Bring water or chicken broth to a boil.
2. Stir in rice; return to boil. Reduce heat to low; cover and simmer 5 minutes.
3. REMOVE from heat and stir; cover. Let stand 5 minutes or until water is absorbed. Fluff with fork.
4. Meanwhile, coat a large non-stick sauté pan with cooking spray and heat over medium-high heat. Add egg whites and cook until scrambled, stirring frequently, about 3-5 minutes. Remove from pan and set aside.
5. Recoat pan with cooking spray and place back over medium-high heat. Add scallions and garlic, sauté 2 minutes. Add chicken and carrots; sauté until chicken is golden brown and cooked through, about 5 minutes.
6. Stir in reserved egg whites, cooked brown rice, peas, and soy sauce. Cook until heated through, stirring once or twice, about 1 minute.