



A Nutrition Resource

# FRIED RICE WITH CHICKEN

**Yield: 4 Servings | Serving Size: 1 1/2 cup**

**Cost/Serving: \$1.13**

## Ingredients:

- 2 Tablespoons vegetable oil
- 3 cups cooked and cooled brown rice\*
- 1 carrot, diced
- 1/2 green pepper, diced
- 1/2 medium onion, diced
- 1/2 cup diced fresh broccoli
- 2 Tablespoons soy sauce
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 2 eggs
- 3/4 cup diced, cooked chicken or other meat\*

## Directions:

- 1) Wash all vegetables.
- 2) Collect, dice, and measure all ingredients before starting to prepare the recipe.
- 3) Heat oil in a large skillet over medium heat.
- 4) Add cooked rice and cook for 5 minutes, stirring regularly.
- 5) Stir in carrot, green pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender, but still crisp.
- 6) Remove rice and vegetable mixture from skillet. Put on a clean plate.
- 7) Break 2 eggs into a small bowl and beat with a fork.
- 8) Reduce heat to medium low. Add the eggs to the skillet and scramble.
- 9) Once the eggs are cooked, add vegetables and rice back to the skillet and mix. Add cooked chicken and stir until thoroughly heated.
- 10) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

## Nutrition Facts

4 servings per container

**Serving size 1 1/2 Cups (275g)**

Amount Per Serving

**Calories 330**

% Daily Value\*

**Total Fat 12g 15%**

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol 115mg 38%**

**Sodium 570mg 25%**

**Total Carbohydrate 40g 15%**

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein 16g 32%**

Vitamin D 1mcg 4%

Calcium 65mg 4%

Iron 2mg 10%

Potassium 517mg 10%

\*The % Daily Value (DV) 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.



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\* 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 #9.

*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.*

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