

INGREDIENTS

- 2 tablespoons sesame oil
- 1-12.5oz canned chicken breast, drained
- 1 can peas and carrots
- 2 tsp onion powder
- 2 tsp garlic powder
- 4 cups cooked rice
- 3 to 4 tablespoons low-sodium soy sauce
- salt and pepper, optional and to taste
- Optional: add 2 eggs, scrambled

DIRECTIONS

1. To a large non-stick skillet or wok, add the oil, chicken, and cook over medium-high heat for about 3 to 5 minutes, flipping intermittently to not burn.
2. Remove chicken; set aside.
3. Add the peas, carrots, garlic and onion powder, and cook for about 2 minutes, or until vegetables begin to soften, stir intermittently.
4. Push vegetables to one side of the skillet, (if using eggs, add the eggs to the other side, and cook to scramble, stirring as necessary).
5. Add the chicken, rice, evenly drizzle with soy sauce, optional salt, and pepper, and stir to combine. Cook for about 2 minutes, or until chicken is reheated through. Enjoy!



CHICKEN FRIED RICE

Clyde's Cupboard

Gluten Free | High Protein | Dairy – Free | Nut-Free

Yield:
6 Servings

Prep Time:
15 Min

Cook Time:
20 Min

NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
422 kcal	15 g	38 g	3 g	13 g