

Chicken Fried Rice with Vegetables

Servings: 2

Adapted from All You May 2006

Ingredients

1 chicken breast, chopped*
2 tablespoons reduced-sodium soy sauce, divided
1 tablespoon oil
1/2 cup chopped onion
5 oz frozen mixed vegetables, thawed
2 cups cooked rice
2 tablespoons sesame seeds

Preparation

- 1) In a medium bowl, toss chicken with 1 tablespoon soy sauce. Cover and marinate at room temperature for 10 minutes. Meanwhile, cook rice according to package directions.
- 2) Heat a large nonstick skillet over medium-high heat. Add chicken and marinade and stir-fry until chicken is cooked through, 3 to 4 minutes. Transfer chicken to a plate; set aside.
- 3) Add oil to skillet and heat over medium heat. Add onion and cook for 3 minutes. Stir in vegetables and cook for 1 minute. Increase heat to medium-high, stir in rice and other 1 tablespoon soy sauce until incorporated and cooked through (about 3 minutes).
- 4) Cook rice, stirring occasionally, until rice is uniformly golden. Add chicken and stir to combine. Serve warm.

**Use kitchen shears to easily cut chicken breast into cubes.*