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## Chicken 'Fried' Rice

### Ingredients

- 3 oz Chicken Breast, diced
- ½ cup Brown Rice (Raw Measurement)
- 2 Egg Whites
- ½ cup finely diced Peppers, Onions, and Mushrooms
- ¾ cup Chicken Broth
- ½ tbsp Soy Sauce
- ½ tbsp Olive Oil

### Directions

1. First dice chicken breast and stir-fry in 1 tsp of the olive oil until tender. Set aside.
2. Next, heat remaining oil in pan and pour in egg whites, stirring until cooked. Remove from pan and set aside with the chicken.
3. Pour in the chicken broth and soy sauce into a pot and bring to a boil. Turn down the heat, add in vegetables along with rice, cover, and simmer for five to ten minutes, or as indicated by the package directions.
4. Once finished, stir back in the chicken and egg whites and gently pan fry for 1-2 minutes until slightly crispy. Serve.