



Chicken Fried Rice

Ingredients

4 oz boneless skinless chicken breast
1 cup cooked brown rice
2 tsp canola oil
1 omega-3 egg
1/2 cup frozen asparagus cuts
1/2 cup bell peppers
2 scallions
2 tsp soy sauce

Directions

1. Pre-heat the oven to 400 degrees.
2. Place chicken on a baking sheet, sprinkle with salt, pepper, and dried rosemary.
3. Cook for 22-25 minutes.
4. Once chicken is cooked, coat non-stick pan with cooking spray and place over medium heat.
5. After pan is heated (around 1 minute) add egg mixture and scrambled until eggs are cooked through. Remove egg from pan and place in a small bowl.
6. Heat oil in the pan over medium heat. Add asparagus, peppers, garlic, and green onions. Cook until vegetables are tender (2-3 minutes).
7. Slice chicken and add to pan with rice and soy sauce. Mix and cook until the rice is warm. Stir in egg. Add hot sauce to taste.

Nutritional Facts

Makes 1 serving
Calories: 541
Total Fat: 17.7 grams
Total Carb: 55.6 g
Protein: 40.2 g