

Cooking Light's Quick Fried Brown Rice with Chicken and Vegetables (Serves 8)

****Very Important - You need to have all the ingredients cut up and measured out and ready to go before you start cooking this. All the ingredients are in groups below that cook together.**

Ingredients

- 10 -12 oz. cooked brown rice, we like Brown Jasmine

- 6 tablespoons lower-sodium soy sauce
- 1 ½ teaspoon chili powder (to taste)
- 3 tablespoon honey

- 3 tablespoons canola oil, divided

- 25 oz. chicken, cut into small pieces
- 1 T cornstarch, 1 t pepper, 1 t salt

- 3-4 large eggs, lightly beaten

- 1 1/2 cups sugar snap peas, diagonally sliced (250 g)
- 4-5 stalks Green Onions
- 1 whole Yellow, Red or Orange bell pepper, cut into very thin slices
- 400 g Broccoli, cut into florets
- 1/8 teaspoon salt
- 3 garlic cloves, crushed

- 1/3 cup unsalted, dry-roasted peanuts

Preparation

1. Make ahead - Heat rice according to package directions.
2. Combine soy sauce, chili powder, and honey in a large bowl.
3. Heat a wok or large skillet over high heat. Add 1 T of oil.
4. Mix cornstarch, salt, and pepper in gallon Ziploc bag and add cut up chicken pieces and toss to coat. Then add to pan, and stir-fry about 5 minutes. Add chicken to soy sauce mixture.
5. Add 1 teaspoon oil to pan; swirl to coat. Add eggs to pan; cook 45 seconds or until set. Remove eggs from pan; cut into bite-sized pieces and add to chicken mixture.
6. Add 1 tablespoon oil to pan; swirl to coat. Add rice; stir-fry 5 minutes. Add rice to chicken mixture.
7. Add remaining 1 T oil to pan; swirl to coat. Add sugar snap peas, green onion, pepper, broccoli, salt, and garlic to pan; stir-fry for 4 minutes or until done. You want the veggies cooked but still kind of crisp.
8. Add chicken, egg, and sauce mixture to pan, and cook for 1 minute or until thoroughly heated.

Nutritional Info (serves 8)

Calories: 314

Fat: 11g

Protein: 27g

Carbohydrate: 30g

Sodium: 564mg

Fiber: 4g

Cholesterol: 108mg

Sugar: 9g

Iron: 11%

Calcium: 4%

Vitamin A: 31%

Vitamin C: 118%