Fried Rice

Serves: 4

INGREDIENTS:

- 1 Tbs sesame oil
- 1 Tbs vegetable or olive oil
- 2 cloves garlic, minced
- 2 chicken breasts, diced
- 1 cup diced carrot
- 1 cup chopped broccoli
- 2 cups cooked brown rice
- ½ cup frozen or canned peas
- 2-3 Tbs soy sauce, to taste
- Salt and pepper, to taste

INSTRUCTIONS:

1. Heat oil in a skillet and sauté the chicken with the garlic and a pinch of salt and pepper.
2. Add the carrots and broccoli and cook until tender.
3. Add the brown rice, soy sauce, and peas. Mix thoroughly until warmed.
4. Taste and adjust seasoning, if needed.
5. Serve hot.

TIPS:

If you do not have sesame oil, use regular vegetable or olive oil.

Substitute or add in different vegetables, like diced onion.

Use canned, frozen, or fresh vegetables.

Top with sliced green onions or a fried egg.