

CHICKEN FRIED RICE

Ingredients

Serves 4 people

2 cups rice, cooked

2 eggs, beaten (optional)

1 (12 oz) can chicken, rinsed and drained

1 (15 oz) can peas, rinsed and drained

1 (15 oz) can carrots, rinsed and drained

2 Tablespoons low-sodium soy sauce



Directions

1. Cook rice according to directions on the package. Note: If possible, cook the rice ahead of time and let it completely cool in the refrigerator. This helps avoid the rice from becoming too mushy.
2. In a skillet, add the eggs and cook until scrambled. Remove eggs from pan. (optional)
3. In the same skillet, increase heat to high. Add cooked rice, chicken, peas, carrots, and soy sauce. Stir constantly until rice is heated through. Serve warm and enjoy!

Nutritional Value

353 Calories

28g Protein

6g Fat

708 mg Sodium

46g Carbohydrates

Marion County Public Health Department
NUTRITION SERVICES

