

# Veggie-Packed Chicken Fried Rice



Prep Time:

20 min

Cook Time:

25 min

Total Time:

45 min

Servings:

4

Yield:

6 cups

## Ingredients

- 9 teaspoons vegetable oil, divided
- 1 red bell pepper, cut into strips
- ½ medium onion, sliced
- 1 (6 ounce) skinless, boneless chicken breast half, cut into cubes
- 2 cups chopped zucchini
- 2 cups chopped carrots
- 1 cup chopped cabbage
- 1 cup chopped sugar snap peas
- ⅓ cup low-sodium chicken or vegetable broth
- 1 ½ tablespoons minced garlic
- 1 tablespoon minced fresh ginger
- 2 cups cooked short-grain brown rice
- 2 tablespoons low-sodium soy sauce
- 2 teaspoons sesame oil
- ¼ cup sliced green onions
- ½ teaspoon salt

## Directions

### Step 1:

Heat 2 teaspoons vegetable oil in a large lidded skillet or wok over medium-high heat until it shimmers. Add pepper and onion and cook, stirring occasionally, until crisp-tender, about 5 minutes. Transfer to a bowl.

### Step 2:

Add another 2 teaspoons oil to the skillet and heat until it shimmers. Add chicken and cook, stirring occasionally, until no longer pink, about 5 minutes. Transfer to bowl with vegetables.

### Step 3:

Add another 2 teaspoons oil and heat until it shimmers. Add chopped zucchini, carrots, cabbage, and snap peas; cook, stirring occasionally, 2 minutes. Add broth and cook, covered, until vegetables are crisp-tender, about 3 minutes more. Transfer to bowl.

### Step 4:

Add remaining 3 teaspoons oil to the skillet and heat until it shimmers. Add garlic and ginger, cook and stir for 15 seconds. Add rice and cook, breaking up clumps and stirring occasionally for 2 minutes. Add bowl contents, soy sauce, sesame oil, green onions, and salt. Cook, stirring and tossing, until well mixed and heated through, about 5 minutes more.

### Tips

If you are starting with precooked chicken, you can skip cooking in step 2. Add in precooked chicken when you add the rice.

You can use any of your favorite veggies here as well, such as broccoli, Brussels sprouts, cabbage, carrots, cauliflower, green beans, snap peas, and/or zucchini. Choose the mix you like most.

### Nutrition Facts (per serving)

360

Calories

14g

Fat

42g

Carbs

16g

Protein