

# Brown Fried rice with chicken and vegetables

for 4 servings - ready in 20 min



## Ingredients:

- 2 c cooked broccoli - cut into small florets
- 2 c leftover brown rice (preferably cold)
- 8 oz chicken breast - diced
- 1 ear corn - kernels removed
- ½ c edamame - shelled and cooked
- 1 egg
- 1 c green peas
- 2 Tbs soy sauce - low sodium
- 1 medium onion - diced
- 1 Tbs rice vinegar
- 1 c scallions - minced
- 1 Tbs sesame oil
- 1 medium zucchini - diced

## Recipe instructions:

1. Heat a wok or large pan over medium-high heat and spray with non-stick spray. (Tip: Save the sesame oil calories to finish the dish vs. using them to cook the ingredients. You won't miss the calories and you won't notice a change in flavor.)
2. Saute chicken breast about 4 minutes per side. No need to move the chicken constantly - let it brown and gain flavor. Once cooked, remove from pan and reserve. In the same pan, add onion and zucchini; cook for 3-4 minutes.
3. Add corn kernels, peas, edamame and broccoli. Stir fry for about 2 minutes to heat. Move the veggies to the perimeter of the pan and in the middle, add the egg. Using a wooden spoon, quickly stir the egg to scramble.
4. Add the reserved, cold brown rice, cooked chicken and sesame oil. Stir well to distribute the oil and spread the rice and veggies all over the pan. Walk away from the pan and let the ingredients brown a bit. After about 2 minutes, stir and let sit for another 2 minutes to brown.
5. Add soy sauce, rice vinegar and scallions. Stir well and serve.