

NUTRITION PER SERVING:

 CALORIES
 407

 PROTEIN
 22 G

 CARBOHYDRATE
 66 G

 TOTAL FAT
 8 G

PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES

YIELD: 4 SERVINGS
SERVING SIZE: 2 CUPS RICE AND CHICKEN

1 TBSP	VEGETABLE OIL
1 TSP	GARLIC, MINCED (ABOUT 2 CLOVES)
1 C	NO-SALT-ADDED DICED TOMATOES, WITH JUICE DRAINED
4 C	ASSORTED VEGETABLES (OR A 1-LB BAG FROZEN MIXED VEGETABLES) (LEFTOVER FRIENDLY)
2 C	COOKED BROWN RICE (LEFTOVER FRIENDLY)
1 C	COOKED BONELESS, SKINLESS CHICKEN BREAST, DICED (LEFTOVER FRIENDLY)
½ C	SAUCE FROM HAWAIIAN HULI HULI



"FRIED" RICE AND CHICKEN

USE LEFTOVERS FROM THE HAWAIIAN HULI HULI CHICKEN TO MAKE THIS QUICK AND EASY WEEKNIGHT MEAL

- 01 Heat oil in a large wok or sauté pan.
- O2 Add garlic, and cook over medium heat until soft, but not browned, about 1 minute.
- O 3 Add tomatoes, and continue to cook until they become slightly dry, about 5 minutes.
- O 4 Add vegetables, and cook until heated through, about 3-5 minutes.
- 05 Add rice and chicken. Toss well, and cook until heated through, about 5–7 minutes.
- 06 Add soy sauce and sesame oil. Toss to incorporate, and serve.



Note: Substitute cooking spray for vegetable oil and save calories and fat.



1 TBSP

½ TBSP

CHICKEN (SEE RECIPE)

LITE SOY SAUCE

SESAME OIL