BODYELITEFIT

"FRIED" RICE
AND CHICKEN

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

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)
¼ C	SAUCE FROM HAWAIIAN HULI HULI CHICKEN (SEE RECIPE)
1 TBSP	LITE SOY SAUCE
½ TBSP	SESAME OIL

01 Heat oil in a large wok or sauté pan.

02 Add garlic, and cook over medium heat until soft, but not browned, about 1 minute.

03 Add tomatoes, and continue to cook until they become slightly dry, about 5 minutes.

04 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.

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