

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



“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.
- 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.

