



Chicken Fried Rice

4 [Easy Grilled Chicken Breast](#) (grilled earlier)

1 T. avocado oil

1 T. sesame oil

1 yellow pepper chopped

½ sweet onion chopped

1 c. shredded carrots

3 stalks celery chopped

4 mushrooms chopped

2 cloves crushed garlic

6 spears asparagus broken in bite size pieces

4 T. soy sauce (low sodium)

2 eggs - whisked

1 packet Ready to Serve Whole Grain Brown Rice

Heat large fry pan on medium high, add oils, pepper, onion, shredded carrots, celery, mushrooms and garlic – sauté until tender. Cube [Easy Grilled Chicken Breasts](#), and add to vegetable mixture. Add Ready to Serve Whole Grain Brown Rice packet, soy sauce and asparagus, cook and stir until rice is warmed. Add eggs and stir until egg mixture is cooked and asparagus is tender.

Ginger paste and/or wasabi paste can be added for more spice.

One large package of frozen broccoli can be substituted for the veggies to make this a very quick meal!

Planned over pork tenderloin or other protein sources can be substituted for the chicken breasts. Or cube fresh chicken breast and sauté in ½ the oils, remove and sauté vegetables and continue with recipe.

Serves 4