

Easy Chicken Fried Rice

This simple stir fry provides servings from three of the four food groups.

2 cups boneless, skinless chicken, cooked, cubed
3 ½ cups low sodium chicken broth
2 cups brown rice
2 tsp canola oil
1 Tbsp sesame oil
½ tsp red pepper flakes
1 tsp ground ginger
1 green pepper, diced
1 cup frozen peas
8 oz mushrooms, sliced
2 cups fresh carrots, sliced into match sticks
¼ cup soya sauce
¼ cup sesame seeds
½ cup fresh cilantro, minced
1 cup green onions, finely sliced

Cook brown rice according to package directions in low sodium chicken broth.

Heat canola and sesame oils with red pepper flakes and ground ginger over medium high heat in a non-stick skillet. Stir-fry sliced mushrooms, green pepper, peas and match sticks carrots until the carrots are tender crisp. Stir in diced cooked chicken, season with soya sauce and heat through.

Combine cooked vegetables and chicken with rice in a large bowl and mix well. Top each serving with sesame seeds, minced cilantro and sliced green onions.

Tips:

For families on the go, look for timesavers like rotisserie chicken, packaged sliced mushrooms, and pre-cut “match sticks” carrots. You get about 3-4 cups of cooked chicken from one rotisserie chicken – enough for two meals for a family of 4.

Whole grain rice (brown rice, brown basmati) takes longer to cook but it's higher in nutrients and fibre. Fortunately cooked rice freezes very well so cook double what you need and freeze the extra in a re-sealable bag for a quick meal on another day. Reheat in the microwave.



Courtesy of Manitoba Chicken Producers (www.chicken.mb.ca)

Manitoba Chicken Producers represents 143 farm families raising chickens that are free-run, grain-fed and free of added hormones. For more information on buying locally grown chicken, visit the Buying Guide at www.chicken.mb.ca.