

Mom's Fried Rice

Servings: 6

Ingredients

- 6 c. cooked cold rice (basmati, jasmine, long grain brown)
- 3 Tbl. peanut or canola oil
- 8 cloves/2 Tbl. minced garlic
- 4 green onions, sliced thin
- 2 Tbl. low-sodium soy sauce
- 1 c. broccoli (fresh or frozen)
- 1 c. celery, diced
- 1 c. bell pepper, diced
- 2 eggs
- ¼ c. chopped fresh cilantro
- 1 can pineapple tidbits, undrained
- 1 cucumber, peeled and diced
- 1¼ lbs. chicken breast; precooked and thinly sliced

Directions:

1. Heat oil in a large skillet (or wok) over medium heat.
2. Use your hands to break the cold rice up removing any clumps.
3. Add garlic to heated pan, and cook for 1- to 2-minutes.
4. Add green onions, broccoli, celery, and bell pepper, and cook for another 2- to 3 minutes.
5. Add the rice, eggs, cilantro and cook for another 2- to 3-minutes.
6. Mix in the pineapple tidbits.
7. Remove from heat and garnish each serving with chicken and fresh cucumber.

Nutrition:

Fried rice: 1½ cups [without chicken]

<i>calories:</i> 342	<i>protein:</i> 7.1g	<i>total carbohydrate:</i> 54g	<i>total fat:</i> 9.5g
<i>sugars:</i> 5.9g	<i>sodium:</i> 174mg	<i>dietary fiber:</i> 2.2g	<i>saturated fat:</i> 1.8

Broiled chicken breast, skinless: (3 oz. chicken)

<i>calories:</i> 206	<i>protein:</i> 24.7	<i>total carbohydrate:</i> 0g	<i>total fat:</i> 3.4g
<i>sugars:</i> 0g	<i>sodium:</i> 463mg	<i>dietary fiber:</i> 0g	<i>saturated fat:</i> <1g