

**Chicken**

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# **Chicken Fried Rice**

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**Servings: 4**

**Preparation Time: 15 minutes**

**Cook time: 22 minutes**

**3 eggs, lightly beaten**

**1 package (5.2 oz) reduced-sodium chicken-flavored rice mix**

**3 cups cooked chicken, shredded**

**1 bag (16 oz) Asian stir-fry frozen vegetables, thawed**

**1 can (5 oz) bamboo shoots, drained**

**2 tablespoons light soy sauce**

**2 teaspoons sesame oil**

**3 scallions, chopped**

Coat a large nonstick skillet with cooking spray.

Add the eggs and cook over medium heat until set, about 2 minutes. Remove to a plate. Cut into strips.

Wipe out the skillet. Prepare the rice mix in the skillet following package directions.

During the last 7 minutes of cooking time, add the chicken, vegetables, bamboo shoots and soy sauce.

Stir in the egg and cook, covered, for the remaining 7 minutes.

Stir in the oil and scallions.

Let stand, covered, for 5 minutes.

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Per Serving (excluding unknown items): 276 Calories; 11g Fat (36.5% calories from fat); 39g Protein; 4g Carbohydrate; 1g Dietary Fiber; 248mg Cholesterol; 439mg Sodium. Exchanges: 5 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.