

# **EverRoast Chicken Fried Rice**

Everyday EverRoast Recipe Book  
www.boarshead.com

**Servings: 4**

**4 tablespoons olive oil**

**1/4 cup soy sauce**

**2 cups Asian or American frozen vegetables**

**2 large eggs, lightly beaten**

**1 pound (sliced 3/4-inch) Boar's Head EverRoast Chicken Breast, chopped**

**1 tablespoon ginger, chopped**

**1 cup jasmine rice, cooked**

In a large saute' pan or wok, heat two tablespoons of the oil over medium-high heat.

Pour in the egg and quickly swirl around the pan so it forms a thin layer. Cook until just firm and a thin coating of cooked egg is formed. Cut the sheet into 1/4-inch strips. Set aside.

Wipe out the pan and add one tablespoon of the oil. Increase the heat and saute' the ginger about 2 minutes or until golden.

Add the remaining oil and the vegetables. Cook about 5 minutes.

Stir the chicken into the pan.

Add the rice and soy sauce. Continue cooking just to warm through.

Remove from the heat. Toss in the egg and serve.

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Per Serving (excluding unknown items): 171 Calories; 16g Fat (84.0% calories from fat); 4g Protein; 3g Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 1064mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.