



## Chicken Fried Rice for Four

**TOTAL TIME:** Prep/Total Time: 25 min.

**YIELD:** 4 servings.

*Who would imagine fried rice could be light? But it is! "This is an easy meal that can be fixed from second-day rice, chicken and vegetables," Deborah Knobel explains from Fort Collins, Colorado.*

### Ingredients

2 egg whites

---

1 large egg

---

1/2 teaspoon salt, divided

---

1 small onion, chopped

---

1 garlic clove, minced

---

1 cup frozen mixed vegetables

---

2 cups diced cooked chicken breast

---

3 tablespoons reduced-sodium soy sauce

---

3 cups cold cooked rice

---

# Directions

1. In a small bowl, combine the egg whites, egg and 1/4 teaspoon salt. In a large nonstick skillet or wok coated with cooking spray, cook the egg mixture over medium heat. As eggs set, lift edges, letting uncooked portion flow underneath. When the eggs are set, remove and cut into 1-in. pieces; keep warm.

2. In the same pan, stir-fry the onion and garlic until tender. Add vegetables; cover and cook over medium-high heat for 3-4 minutes or until no longer frozen. Stir in the chicken, soy sauce and remaining salt; cook for 1 minute. Add rice; stir-fry for 4-5 minutes or until heated through. Add eggs; heat through.

# Nutrition Facts

1-1/4 cups: 325 calories, 4g fat (1g saturated fat), 107mg cholesterol, 854mg sodium, 41g carbohydrate (2g sugars, 2g fiber), 29g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable.