

Chicken Fried Rice

Ingredients:

- 1 pound boneless and skinless chicken thighs, diced
- 2 tablespoons olive oil
- 1 cup extra-long grain brown rice
- 2 cups chicken broth
- 3 tablespoons reduced sodium soy sauce
- 3 tablespoons balsamic vinegar
- 2 tablespoons garlic, minced
- 1 stalk celery, chopped
- 1 small red or green bell pepper, chopped
- 1 small red onion, chopped
- 1 package frozen peas and carrots, thawed
- Salt, pepper, and lemon pepper to taste

Directions:

1. Add chicken stock into a large broiler until it comes to a boil.
2. Add rice. Reduce heat to low. Cover with lid and cook rice on low for 35 minutes or until rice is tender and dry. Set aside and let cool.
3. In a small bowl, stir together soy sauce and balsamic vinegar. Set aside.
4. Heat oil in non-stick skillet over medium heat. Add chicken and cook for approximately 10 minutes or until chicken is not pink, but still tender and juicy.
5. Add minced garlic, celery, onions, and peppers and cook until tender; approximately five minutes.
6. Add peas and carrots and cook three to four minutes.
7. Add rice and stir together. Reduce heat and add soy sauce/balsamic vinegar mixture.

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