

Chinese Fried Rice with Veggies

Ingredients:

- 2-3 chicken breast, cooked and shredded
- 2-3 c. cooked white rice (*best to cook it a few hours before*)
- 1/4 c. sesame oil (*can use olive oil*)
- 1 onion, chopped
- 1 c. frozen peas & carrots or mixed veggies
- 1/4 c. soy sauce
- 1-2 eggs, beaten

Directions:

Heat the sesame oil in a large skillet over medium heat.

Add the veggies (*including the onion*) and fry until tender.

Push the veggies to the side and add the eggs to one side.

Lightly scramble the eggs.

When the eggs are cooked mix them with the veggies.

Add the cooked rice and chicken to the skillet.

Carefully mix in the veggies and eggs.

Put the soy sauce over the top and gently stir.

Heat thoroughly. Serve hot.