

Chicken & Veggie Fried Brown Rice

2 cups cooked chicken, cut into 1" strips
2 tsp. sesame oil, divided
Salt and pepper
3 eggs
Vegetable oil, 4 tsp. plus 1 tbsp.
1 cup diced onion
1 clove garlic, minced
3 green onions, thinly sliced
3-4 tbsp. soy sauce, to taste
2 cups cooked brown rice
1-15 oz. can mixed vegetables (I use Veg-All)

Directions: In a small bowl, toss chicken with 1 tsp. sesame oil; add salt and pepper to taste. In another bowl, beat eggs with a fork; adding a little salt and pepper to taste. Heat 1 tsp. of oil in a small skillet and pour half of egg mixture into pan to make an omelet. Do not fold. Remove omelet to a plate and repeat with remaining eggs, laying second omelet on top of first to cool. Chop eggs and set aside. Heat 2 tsp. oil in large skillet. Sauté onions and garlic until tender. Add green onions and sauté 2 minutes more. Add 1 tsp. sesame oil, 1 tbsp. vegetable oil, soy sauce, eggs, rice and vegetables to the skillet. Cook and stir until heated through. Serve warm. Yields 4 servings.
**Adapted from Robert Irvine's Chicken Fried Rice*