



Chicken Fried Rice with Cabbage, Zucchini, and Carrots

SERVING: 1 CUP
YIELD: 6

PREP TIME: 5 MIN
TOTAL TIME: 30 MIN

Ingredients

1/2 cup Brown Rice, cooked

Chicken

- 1 lb Chicken Tenderloins
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika

Stir-fry

- 1/2 small Onion, chopped
- 1 cup Carrots, sliced
- 1 Zucchini, sliced half-moon
- 1 pkg Tri-color Coleslaw Mix
- 2 tsp Garlic, minced
- 2 tsp Sesame Oil

Stir-fry Sauce

- 3 tbsp soy sauce, low sodium
- 1 tbsp hoisin sauce
- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 2 tsp ginger
- 1/2 tbsp red pepper flakes
- 2 tbsp corn starch
- 1 tbsp sesame seeds

Nutrition Facts	
6 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3g	15%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 770mg	33%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes <1g Added Sugars	1%
Protein 14g	
Vitamin D 0.2mcg	0%
Calcium 510mg	40%
Iron 1.6mg	8%
Potassium 9570mg	200%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Directions

1. **COOK** brown rice using package directions. Set Aside.
2. **COMBINE** chicken seasoning ingredients in bowl and add chicken. **HEAT** skillet over medium-high heat. Coat pan generously with cooking spray. **ADD** chicken and cook 6 minutes each side. Transfer to a cutting board and cut into bite-sized pieces. Transfer to a large bowl and cover with foil to keep warm.
3. In the same pan, coat generously with cooking spray. **ADD** onions, carrots and zucchini and **COOK** 5 minutes, or until browned. **ADD** sesame oil, cabbage and garlic. **COOK** for 5 minutes, stirring occasionally, until browned and softened.
4. In the same pan, **ADD** the chopped chicken, cooked rice, and stir-fry sauce. Enjoy!

*Recipe adapted from
DiabetesFoodHub.com

Cost Per Recipe	Cost Per Serving
\$9.89	\$1.64