

Healthy Fried Rice

Ingredients

- 1/2 cup cooked brown rice
- 3oz cooked chicken
- 3 egg whites
- 1 cup mixed veggies
- 1 tsp. onion powder
- 1 tsp. chili powder
- soy sauce or coconut aminos - to taste

Directions

1. Heat greased skillet to medium heat
2. Cook eggs and continuously scramble while adding mixed veggies and rice
3. Shred cooked chicken and add with seasonings once rice, veggies, and eggs are fully cooked
4. Sauté entire mixture with soy sauce or coconut aminos to taste

