

Chicken Fried Rice

by Laura Davis

1 lb. Boneless Chicken Breasts

1 Cup Rice

1 cup Diced Carrots

1 Cup Water

1/3 Tablespoon Garlic

1 Tablespoon Soy Sauce

1 cup Sweet Peas

1 Teaspoon Olive Oil

- Cut chicken into 1 inch cubes and place into skillet or wok with olive oil on medium heat.
- Cook until brown on all sides.
- Add rice and saute until brown.
- Add water, garlic, carrots and peas and cook for until water has cooked in.
- Turn heat down to low.
- Add soy sauce and stir.
- Let it simmer for at least 5 minutes stirring occasionally and serve.

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