



### NUTRITION PER SERVING:

<b>CALORIES</b>	407
<b>PROTEIN</b>	22 G
<b>CARBOHYDRATE</b>	66 G
<b>TOTAL FAT</b>	8 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	20 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	2 CUPS RICE AND CHICKEN

<b>1 TBSP</b>	VEGETABLE OIL
<b>1 TSP</b>	GARLIC, MINCED (ABOUT 2 CLOVES)
<b>1 C</b>	NO-SALT-ADDED DICED TOMATOES, WITH JUICE DRAINED
<b>4 C</b>	ASSORTED VEGETABLES (OR A 1-LB BAG FROZEN MIXED VEGETABLES) (LEFTOVER FRIENDLY)
<b>2 C</b>	COOKED BROWN RICE (LEFTOVER FRIENDLY)
<b>1 C</b>	COOKED BONELESS, SKINLESS CHICKEN BREAST, DICED (LEFTOVER FRIENDLY)
<b>¼ C</b>	SAUCE FROM HAWAIIAN HULI HULI CHICKEN (SEE RECIPE)
<b>1 TBSP</b>	LITE SOY SAUCE
<b>½ TBSP</b>	SESAME OIL



## “FRIED” RICE AND CHICKEN

USE LEFTOVERS FROM THE HAWAIIAN HULI HULI CHICKEN  
TO MAKE THIS QUICK AND EASY WEEKNIGHT MEAL

- 01 Heat oil in a large wok or sauté pan.
- 02 Add garlic, and cook over medium heat until soft, but not browned, about 1 minute.
- 03 Add tomatoes, and continue to cook until they become slightly dry, about 5 minutes.
- 04 Add vegetables, and cook until heated through, about 3–5 minutes.
- 05 Add rice and chicken. Toss well, and cook until heated through, about 5–7 minutes.
- 06 Add soy sauce and sesame oil. Toss to incorporate, and serve.



**Note:** Substitute cooking spray for vegetable oil and save calories and fat.

