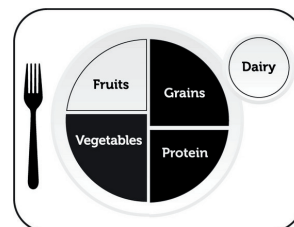
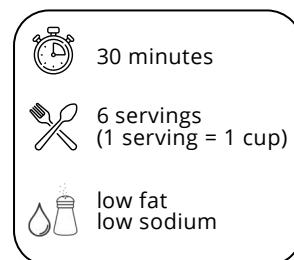


# CHICKEN FRIED RICE WITH BOK CHOY

## INGREDIENTS

- 1 medium **round onion**
- 2 cloves of **garlic**
- 1 (5 ounce) can of **chunk chicken breast packed in water**
- ½ pound fresh **bok choy**
- 1 tablespoon **vegetable oil**
- 2 cups **frozen mixed veggies** (corn, peas, carrots, and green beans)
- 1 tablespoon **water** (if needed)
- 3 cups leftover cooked **hapa rice** (half brown and half white)
- 1 tablespoon **less sodium soy sauce**
- **Black pepper** to taste
- 2 teaspoons **sesame oil**



## DIRECTIONS

Always practice food safety when cooking.

- 1) Dice onion. Set aside.
- 2) Mince garlic. Set aside.
- 3) Drain chicken. Set aside.
- 4) Chop the bok choy stems to ½ inch strips. Cut the green leafy parts into 1 inch strips. Keep stems separate from green leaves.
- 5) In a large non-stick pan on medium-high heat, heat the vegetable oil.
- 6) Add onions and garlic and cook for about 1 minute, stirring occasionally to cook evenly.
- 7) Add frozen mixed vegetables and cook for 3 minutes, stirring occasionally.
- 8) Add bok choy stems and cover with a lid. Cook for about 1 minute. If the pan gets dry and ingredients start to stick to the pan, add a tablespoon of water.
- 9) Add the hapa rice, chicken, bok choy leaves, soy sauce, and black pepper to the pan. Toss and gently stir until all ingredients are cooked and heated through.
- 10) Add sesame oil once fried rice is done cooking and stir throughout rice.

## NOTES

- Fresh chicken breast can be cooked and used in place of the canned chicken.
- Other cooked meats and vegetables can be used.
- Brown rice can be substituted for hapa rice to provide more fiber.
- Freshly cooked rice can also be used.
- In place of the chicken, a fried egg can be added on top of the fried rice.

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 cup (263g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 77mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 326mg	<b>6%</b>

\*The % Daily Value 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.

Adapted from Hawai'i Foods