



Chik'n Fried Rice

- 1 can (13 ounce) Chik'n Bites or FriChik
- 3-4 cups cooked rice (best if cooked the day before and chilled)
- 1 package (16 ounce) frozen mixed vegetables
- 1 onion, chopped
- 1-2 cloves garlic, minced
- 2 tablespoons soy sauce or Bragg Liquid Aminos
- 1 teaspoon sesame oil (optional)
- 2-4 tablespoons cooking oil

Directions: Drain the Chik'n Bites and cut into bite size pieces. Heat the cooking oil in a large skillet (work in batches if using a smaller skillet) Add the onion and sauté until translucent. Add the minced garlic and sesame oil and sauté a minute. Then add the cooked rice, breaking up any clumps. Add the soy sauce to coat. Add the mixed vegetables and continue cooking until heated through. Use more soy sauce as needed for taste.

Submitted by Lynn J. of Iowa