



Sesame Chik'n Cauliflower Fried Rice

- 1 can (13 ounce) FriChik or (13 ounce) Chik'n Bites
- ½ head cauliflower
- 1 bunch broccoli, cut into florets
- 1 package frozen snow peas, can use fresh if available
- 1 large egg
- 1/4 teaspoon sesame oil
- 1 teaspoon Vegetarian Express Veggie Chick Seasoning
- 1-2 tablespoons Bragg Liquid Aminos or soy sauce
- 1-2 tablespoons toasted sesame seeds

Directions: Cut FriChik into strips. Pulse the cauliflower in a food processor until about the size of rice. Can use a grater or chops finely with a knife. Cut the broccoli into florets and slice the stalks diagonally into thin strips. Beat the egg and set aside. Heat the FriChik in a skillet with the sesame oil. Add the broccoli and continue stirring for a few minutes. Add the cauliflower rice and snow peas. Stir for a few minutes, then pour the egg into the pan and scramble it. Season with Bragg Liquid Aminos or soy sauce and sprinkle with the sesame seeds.

Submitted by Karen J. of North Carolina