



# Chicken and Vegetable Stir Fry for One

This simple stir fry recipe can be thrown together quickly when you have some basic supplies on hand. Leftover chicken, rice, fresh or frozen vegetables transform into a delicious and easy meal for one.

If you want to eat more whole grains but don't want to spend the time making brown rice each time you eat it, try freezing it ahead of time. Make a larger batch of brown rice, allow it to cool, package it in single serving portions and freeze for up to 3 months.

## Ingredients

- 2 cups stir fry vegetables (fresh or frozen)
- 1 cup cooked brown rice
- 3-4 ounces cooked chicken, cut into bite-sized pieces
- 1 garlic clove, minced
- 1.5 teaspoons grated fresh ginger (or ¼ teaspoon of dried ginger)
- 2 tsp canola (or sesame oil)
- 1 egg
- 1.5 tablespoons rice vinegar
- 2 tsp sweet or low sodium soy sauce

## Instructions

1. Mix together vegetables, brown rice, chicken, garlic, and ginger in bowl. Set aside.
2. Heat oil in pan or wok over medium heat. Add egg, allowing whites to solidify before breaking yolk. As egg cooks, chop into pieces using sharp edge of spatula or spoon. Once cooked, increase heat to medium high heat and add the vegetable & rice mixture.
3. Cook for 6-7 minutes, stirring occasionally, until vegetables are tender.
4. Add vinegar and soy sauce.
5. Serve hot.

## Health Fact

Green vegetables are a rich source of minerals, especially magnesium, and vitamins such as folate. This is an easy, make-ahead, way to increase the green vegetables in your diet. This recipe also includes heart healthy monounsaturated fats. Enjoy!

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