



Chicken Stir Fried Rice

(serves 4-6)

Ingredients:

4 cups cooked brown rice (NOTE: one cup of uncooked rice = 4 cups cooked)
1 to 1.5 cup diced celery, yellow onion, carrots (or whatever veggies you prefer like corn, peas, green beans, mushrooms, etc)
1/3 cup organic soy sauce (I use Tamari Wheat Free Soy Sauce)
1 tablespoon sesame oil
1 tsp garlic powder
1 tsp onion powder
1 tsp (or more to taste) SOY WASABI LEMON INFUSED SALTTOPIA sea salt
3 green onions, chopped
optional: add two eggs, lightly beaten

Instructions:

1. Heat oil in a large frying pan on medium heat for 2-3 minutes.
2. Add veggies and sauté for 3-5 minutes, or until the veggies are tender. With a spatula, push the veggies to one side of the pan and scramble the eggs then mix the veggies back in.

3. Next, add the cooked rice to the pan. Add the soy sauce and stir to combine with the rice, veggies, etc. Allow everything to heat through for about 5 or 6 minutes.
4. Add the remaining seasonings and stir for another 1-2 minutes or until well combined. Remove the pan from heat and garnish with the green onion.