

## Chicken Fried Rice

*A recipe based on Benihana's fried rice.*

### Ingredients for Chicken Fried Rice:

1 cup white rice  
2 green onions, diced  
1/3 cup medium white onion, chopped  
1 small carrot, diced  
2 eggs  
2-3 cloves garlic, minced  
1 cup chopped chicken  
2-4 tbsp soy sauce (to taste)  
canola oil  
salt & pepper



**NOTES:** One cup uncooked rice prepares 3 cups cooked rice. Cold (or leftover) rice works best for fried rice. Makes great leftovers!

### Directions:

1. Prepare one cup white rice. Allow rice to chill or come to room temperature.
2. Chop green onions, white onion, carrot and garlic.
3. Shred or chop grilled chicken, set aside.
4. Saute green onion, white onion and carrot over medium heat (in your biggest, flattest skillet) with a dash of salt and a crack of pepper in a teaspoon of canola oil until tender. Set aside.
5. Cook eggs in a teaspoon of canola oil. Start with a fry and end with a scramble. Set aside.
6. Add 1 tbsp canola oil to pan. Add rice to pan in small batches. Toss while cooking over medium-high heat.
7. Working quickly, turn temperature to high-medium-high heat and sprinkle soy sauce over frying rice. Toss. Add a small amount of butter. Toss. Add sauteed vegetable mixture and eggs and keep tossing.
8. Lower heat to medium-low and add chicken, garlic and finish of soy sauce.
9. For an added treat garnish with sesame seeds and serve with steamed broccoli.