Not Really Fried Rice Recipe

**SERVINGS: 2**

**INGREDIENTS**

2 tablespoons low-sodium soy sauce   
1 teaspoon mustard   
1 teaspoon chili paste   
1 teaspoon toasted sesame oil   
3 ounces boneless, skinless chicken breast cut into ½” cubes   
Black pepper, to taste   
½ cup finely chopped whole green onions   
¼ cup chopped carrot   
1 clove garlic, minced   
¾ cup cooked short-grain brown rice   
¼ cup frozen peas   
2 large egg whites   
Olive oil spray

**DIRECTIONS**

1. In a small bowl, combine soy sauce, mustard, chili paste and sesame oil. Set aside.
2. Season the cubed chicken with black pepper.
3. Mist a large, nonstick wok or skillet with cooking spray and place over medium high heat until it is hot enough for a drop of water to sizzle on it.
4. Scatter the chicken cubes into the wok or skillet.
5. Cook, stirring occasionally, until browned on all sides and no longer pink inside.
6. Transfer chicken to a plate and cover to keep warm.
7. Lightly mist the wok or skillet with cooking spray again. Set over medium-high heat.
8. Add the green onions, carrot, and garlic to the pan.
9. Cook, stirring frequently, for 2-3 minutes.
10. Add the cooked rice and peas.
11. Continue cooking and stirring for 2 minutes or until the mixture is hot throughout.
12. Using a spoon or spatula, create a hole in the rice and veggies to expose the center of the pan.
13. Off the heat, lightly mist the exposed part of the pan with cooking spray.
14. Add the egg whites and stir to mix them into the rice.
15. Cook for 1-2 minutes, or until the egg is completely cooked.
16. Return the chicken to the pan and stir in the reserved soy sauce mixture.
17. Leave on heat, stirring constantly, for about 1 minute or until heated. Serve immediately.

**NUTRITIONAL VALUES**

Serving size: ½ recipe  
Calories: 208  
Carbohydrate: 25 grams  
Fat: 3.5 grams (1 grams saturated)  
Protein: 17 grams  
Cholesterol: 25 milligrams  
Sodium: 260 milligrams  
Fiber: 3.5 grams