

**Name: Ashlee' Crane**  
**County: Jasper**

**Age: Junior**  
**Food Category: Bread and Cereal**

### Chicken Fried Rice

6 green onions  
1 teaspoon vegetable oil  
1 garlic clove  
1 (8.8 ounce) package cooked long grain rice  
1 (10 ounce) package cooked chicken breast  
1 (16 ounce) package stir-fry vegetables  
1 tablespoon soy sauce

With adult help, use kitchen shears to snip the root ends off the onions and throw the root ends away. Snip the white parts of the onions and some of green tops into thin slices.

Heat a large 12-inch skillet over medium heat for 3 minutes. Add the oil to the skillet.

Put the garlic clove in the garlic press and squeeze it into the skillet. Add green onions, rice, chicken and vegetables.

Cook the rice mixture for 8 minutes, stirring often with a wooden spoon. Add soy sauce and cook one more minute.

Makes 4 servings

Nutrients per serving: Calories, 290, Total Fat 5 g., Saturated Fat 0 g., Cholesterol 40 mg., Carbohydrate 41 g., Protein 21 g., Sodium 1230 mg., Fiber 2 g

Diabetic exchanges per serving: 2 starch, 1 vegetable, 2 low-fat meat (2 carb)