



CHICKEN FRIED RICE

Cost-Saving Swaps

- Use leftover rice from any meal.
- Use the lowest-cost frozen vegetable mix.
- Replace eggs with canned beans if eggs are expensive.
- Use soy sauce packets from takeout.
- Everything Bagel seasoning replaces sesame oil (cheaper + shelf-stable).
- "Use what you have."



PREP TIME
5-10 MIN



COOK TIME
15 MIN



SERVINGS
4 PLATES

Instructions

1. Heat oil in a pan
2. Scramble eggs first (if using), remove and set aside
3. Saute vegetables and cook 3–4 minutes
4. Stir in rice and heat through
5. Add chicken, beans or tofu, and return eggs
6. Stir in soy sauce and Everything Bagel seasoning
7. Toss well and serve

Ingredients

- 2 cups leftover rice (white, brown, jasmine, or even quinoa)
- 1 tablespoon oil (olive, avocado, or vegetable oil)
- 2 eggs, lightly beaten (or 1 can beans, drained and rinsed)
- 1 cup mixed vegetables (fresh or frozen)
- 2 tablespoons low-sodium soy sauce (or 2–3 soy sauce packets saved from takeout)
- 1 cup diced cooked chicken, beans, or tofu (optional)
- 1–2 teaspoons Everything Bagel seasoning (adds sesame flavor + crunch — replaces sesame oil)

MyPlate Balance

Grains: Rice or quinoa

Vegetables: Fresh or frozen vegetables

Protein: Eggs, chicken, tofu or beans

