



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:

CALORIES	407
PROTEIN	22 G
CARBOHYDRATE	66 G
TOTAL FAT	8 G

PREP TIME:	10 MINUTES
COOK TIME:	20 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 CUPS RICE AND CHICKEN

1 TBSP	VEGETABLE OIL
1 TSP	GARLIC, MINCED (ABOUT 2 CLOVES)
1 C	NO-SALT-ADDED DICED TOMATOES, WITH JUICE DRAINED
4 C	ASSORTED VEGETABLES (OR A 1-LB BAG FROZEN MIXED VEGETABLES) (LEFTOVER FRIENDLY)
2 C	COOKED BROWN RICE (LEFTOVER FRIENDLY)
1 C	COOKED BONELESS, SKINLESS CHICKEN BREAST, DICED (LEFTOVER FRIENDLY)
¼ C	SAUCE FROM HAWAIIAN HULI HULI CHICKEN (SEE RECIPE)
1 TBSP	LITE SOY SAUCE
½ TBSP	SESAME OIL



“FRIED” RICE AND CHICKEN

USE LEFTOVERS FROM THE HAWAIIAN HULI HULI CHICKEN TO MAKE THIS QUICK AND EASY WEEKNIGHT MEAL

- 01 Heat oil in a large wok or sauté pan.
- 02 Add garlic, and cook over medium heat until soft, but not browned, about 1 minute.
- 03 Add tomatoes, and continue to cook until they become slightly dry, about 5 minutes.
- 04 Add vegetables, and cook until heated through, about 3–5 minutes.
- 05 Add rice and chicken. Toss well, and cook until heated through, about 5–7 minutes.
- 06 Add soy sauce and sesame oil. Toss to incorporate, and serve.



Note: Substitute cooking spray for vegetable oil and save calories and fat.

