



Super Simple Chicken Fried Rice

Serves 4

- 12 oz of Frozen Mixed Vegetables
- 2 eggs lightly beaten
- 2 pkgs of Uncle Bens ready to serve garden vegetable rice (is GFCF)
- 1 to 2 cups cooked chicken
- ¼ t salt
- ¼ t pepper
- 1 Tablespoon vegetable oil
- 1 Tablespoon sesame oil

Prepare vegetables. Scramble egg in a large skiller. Remove egg add sesame oil and heat add rice, salt, pepper and chicken and stir fry 10 to 12 minutes or until rice begins to brown. Stir in Egg.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Chicken.html>

or

<http://www.lincolntent.com/GFCF-Fast.html>