**Chicken Fried Rice**

**For the Rice**

1 c. long grain rice

2c. water

Combine rice and water in a medium pot. Bring to a boil over high heat, uncovered. Once the rice and water come to a boil, reduce the heat to medium-low and cover with the lid. Cook for 15 minutes, turn off the heat, and let sit with the lid on for 5 minutes. While the rice is cooking prepare the chicken and saute the vegetables.

**For the Chicken**

1/2 pound chicken (1 chicken breast)

2 tbs. vegetable oil

1/2 tsp. black pepper

1/2 tsp. kosher salt

Preheat the broiler of the oven. Line a cookie sheet with tinfoil and spray with cooking spray. Cut the chicken breast in half horizontally. Brush each piece with vegetable oil and sprinkle with salt and pepper. Place on the prepared baking sheet and broil for 7-10 minutes or until slightly golden brown and no longer pink in the center. Remove from the oven, chop into bite-sized pieces, and set aside.

**For the Fried Rice**

2 Tbsp. vegetable oil

1/4 of an onion, diced

1 carrot, diced

1 clove garlic, minced

1/2 cup peas

Cooked rice

Cooked chicken

2 green onions, cleaned and sliced thinly

2-3 Tbs. soy sauce

Heat vegetable oil in a large pan. Add onion and carrot and cook, stirring with a wooden spoon, until onions and carrots are caramelized. Add minced garlic and peas and continue to cook for 1 minute. Add chicken and rice and mix thoroughly to combine. Add soy sauce and green onions and stir to combine. Serve.

Optional: Remove the cooked fried rice from the pan. Add 2 scrambled eggs to the pan and cook until set. Add fried rice back to the pan and stir to combine. Serve.