

Fried Rice With Chicken

3 cups cooked rice (half wild rice, half brown rice)

Vinaigrette marinade (e.g., Paul Newman's Lite Italian Dressing)

1 lb. barbecued chicken breasts, chopped

Olive oil

1 zucchini, chopped

1/2 onion, chopped

2 carrots, chopped

2 sticks celery, chopped

2 eggs, beaten

Tamari or soy sauce

1. Marinate chicken breasts in the vinaigrette marinade. Barbecue the chicken and set aside.
2. Cook the rice. Set aside.
3. In a bit of olive oil, sauté the small-chopped zucchini, onion, carrot, and celery in a wok or large chef's pan.
4. Stir in the chopped chicken. Stir in the cooked wild and brown rice. Stir-fry the rice/veggie/chicken mixture until it is heated through and a bit crispy (add more olive oil if necessary).
5. Clear the mixture away from the center of the pan and push it to the outside—make a well in the center where you can see the bottom of the pan. Add the eggs to the well and scramble them there. As they start looking like scrambled eggs, mix them into the whole rice/veggie/chicken mixture. That way the eggs keep their character and don't disappear into a mushy mess.
6. Add Tamari or soy sauce, to taste.

Makes approximately 6-8 servings.

Source: My friend Barb, a master bicycle mechanic, who says she got it from our mutual friend, Nancy, an awesome personal fitness trainer

Comments: This is best cooked in a non-stick chef's pan or wok. The rice and chicken can be cooked ahead and kept in the refrigerator until they are added. This is a bit easier to prepare at home than on the boat because it cooks in such a large pan, but I have made it on the boat and enjoy having easy meals from the leftovers. It takes a little preparation time, but cooks quickly and it still tastes great when reheated. The wild rice adds wonderful texture and flavor, although I had trouble finding wild rice in BC.