



# Chicken Fried Rice

## Ingredients:

- ½ head raw cauliflower (grated to make 3 ½ cups)
- 3 green onions
- 1 clove garlic, minced, or ½ teaspoon garlic powder
- ½ teaspoon ginger
- 3 tablespoons soy sauce
- 3 eggs, beaten
- Olive oil
- Your choice of cooked lean protein: *chicken, beef, pork, shrimp, ham, turkey, etc*

## Directions:

1. In a wok or large flat skillet, heat enough oil to coat the bottom.
2. Fry minced garlic, or garlic powder, with finely diced white part of onion, approx. 1 minute.
3. Add grated cauliflower and pan fry for 4-5 minutes, stirring occasionally.
4. Add soy sauce, ginger and remaining green onion and pre-cooked lean meat or shrimp.
5. Stir to mix well and brown a bit.
6. Push mixture to one side of pan. Add more oil if necessary and scramble eggs in empty side of pan until done but still moist.
7. Stir eggs into "rice" mix and remove from heat.
8. Enjoy!

Servings: makes 1 serving.

Each serving = 4 cups select vegetables, 3 oz. lean protein + your choice of lean protein.

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