chicken tender fried rice with sparkling honeydew fruit salad

25 minutes



APRON'S ADVICE

Complete your meal with cupcakes or bite-size brownies. You can also use a large (5-oz) package of Deli Popcorn Chicken in the fried rice recipe.

SHOPPING LIST

Dairy

2 tbsp egg substitute (or 1 small egg)

Deli

3 fried chicken tenders (6-8 oz)

Dry Grocery

2 tsp black sesame seeds (optional)

3/4 cup ginger ale

1 tbsp sesame oil

3 tbsp shredded coconut

3 tbsp stir-fry sauce

1 (10-oz) bag frozen brown rice 1/3 cup frozen mixed vegetables

Produce

1 tbsp ginger-spice paste

3 green onions

3 cups honeydew chunks

3 kiwi fruit

1 1/2 cups seedless grapes



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COOKING SEQUENCE

chicken tender fried rice

INGREDIENTS

3 green onions, thinly sliced

3 Deli fried chicken tenders (6-8 oz)

1 (10-oz) bag frozen brown rice

1 tablespoon sesame oil

1/3 cup frozen mixed vegetables 3 tablespoons stir-fry sauce

2 tablespoons egg substitute (or 1 small

egg, beaten)

PREP

- Slice onions (green part only).
- Cut chicken into small bite-size pieces.

STEPS

- 1. Cook rice following package instructions for microwave.
- 2. Preheat large sauté pan on medium-high 2-3 minutes. Add sesame oil, vegetables, and rice; cook and stir 1 minute to toast rice. Stir in stir-fry sauce.
- 3. Add egg slowly while cooking and stirring 1-2 minutes to cook egg. Stir in chicken and green onions; cook and stir 1-2 minutes or until hot. Serve.

CALORIES (per 1/4 recipe) 260kcal; FAT 9g; CHOL 30mg; SODIUM 520mg; CARB 27g; FIBER 1g; PROTEIN 16g; VIT A 10%; VIT C 8%; CALC 2%; IRON 4%

sparkling honeydew fruit salad

INGREDIENTS

3 cups honeydew chunks

3 kiwi fruit

1/2 cups seedless grapes, sliced

3/4 cup ginger ale

3 tablespoons shredded coconut 1 tablespoon ginger spice paste

2 teaspoons black sesame seeds (optional)

PREP

- Cut honeydew into bite-size pieces.
- Cut skin off kiwi and cut into slices.
- Slice grapes; place all fruit in salad bowl.

STEPS

- 1. Whisk ginger ale, coconut, ginger paste, and sesame seeds until blended.
- 2. Pour mixture over fruit; let stand 5–10 minutes for flavors to blend. Stir and serve.

CALORIES (per 1/4 recipe) 140kcal; FAT 2g; CHOL 0mg; SODIUM 45mg; CARB 30g; FIBER 4g; PROTEIN 2g; VIT A 2%; VIT C 160%; CALC 2%; IRON 4%