

# Elizabeth's Healthy Pick of the Week



## Village Harvest Frozen Whole Grains



### Why it's healthy:

<ul style="list-style-type: none"> <li>• Rich source of whole grains</li> <li>• Contain key vitamins and minerals</li> <li>• Low in fat</li> </ul>	<ul style="list-style-type: none"> <li>• Good source of fiber and protein</li> <li>• Organic varieties</li> <li>• Not artificially enriched</li> </ul>
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Whole grains are an important part of a healthy diet, but they can be time consuming to prepare. Village Harvest Frozen Whole Grains makes adding whole grains to your meals, like red quinoa, barley and wheat berry, easy and quick. Village Harvest Frozen Whole Grains are conveniently pre-cooked and ready to eat after warming for only a few minutes. There are several delicious varieties, so try one this week.

## Delicious Chicken Fried Rice



**Ingredients** 4 servings | **Active Time:** 30 minutes | **Total Time:** 1 hour, 15 minutes

2 tsp. sesame oil	1/4 cup chopped scallions
2 eggs	2 Tbsp. minced garlic
2 tsp. coconut oil	3 cups cooked Village Harvest brown jasmine rice
3/4 lb. boneless, skinless chicken thigh, chopped into bite sized pieces	2 Tbsp. light soy sauce
2 carrots, peeled and diced	1 cup peas
	salt to taste

### Preparation

1. Heat sesame oil in a wok or large sauté pan over medium high heat.
2. Add egg and cook for a minute or so on each side, then transfer to a cutting board and chop and set aside.
3. Add coconut oil to pan and heat over medium-high. Add chicken and cook for 3-4 minutes until golden.
4. Stir in carrots and cook for 2-3 minutes, then add scallions and garlic and continue cooking for another minute.
5. Pour in rice and allow to cook, untouched, for 1-2 minutes, then stir in eggs, soy sauce and peas. Season with salt to taste.

### Nutrition

**Per serving:** Calories 400, Fat 12g, Cholesterol 180mg, Sodium 430mg, Carbohydrate 45g, Fiber 4g, Protein 26g

*Recipe From [www.villageharvestrice.com](http://www.villageharvestrice.com)*

Recipe Provided by Elizabeth M. Madison, **Holiday Farms** In-Store Registered Dietitian.

Want more recipes or meal planning ideas? Contact Elizabeth at: [emadisonrd@gmail.com](mailto:emadisonrd@gmail.com) or call 718-598-0617