



## Fried Rice with Chicken

¼ cup red palm oil  
¼ cup onion, chopped  
4 garlic cloves, chopped  
½ stalk celery, chopped  
¼ cup peas  
½ cup chicken, cut-up into bite-size pieces  
1 egg, beaten  
½ tsp chili powder (optional)  
1½ cups cooked rice  
Salt

Heat oil in skillet. Sauté vegetables until tender. Push vegetables to side of pan. Add chicken and egg to center of pan and cook until egg is done. Add chili powder and rice and mix with cooked vegetables. Chili powder can be omitted if you don't want a spicy dish. Continue to cook, stirring occasionally, for 4-5 minutes. Add salt to taste. Makes 3-4 servings.

*Courtesy of Dr. Bruce Fife, N.D.*

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*Life is short. Drink it in.*



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