

Chicken

Chicken Fried Rice with Leeks and Dried Cranberries

Cooking Light

Servings: 4

Hands-on time: 24 minutes.

Total time: 24 minutes (or 4 hours and 24 minutes if you don't have leftover chilled rice).

2 tablespoons olive oil, divided

3/4 teaspoon kosher salt, divided

1/2 pound boneless/skinless chicken thighs, cut into 1/2-inch pieces

3 cups (about 1 1/2 pounds) leeks, thinly sliced

1/4 teaspoon freshly ground black pepper

3 1/2 cups long-grain brown rice, cooked and chilled

1 cup dried cranberries

1 tablespoon fresh sage, chopped

1/4 cup dry white wine

Heat a large skillet over medium-high heat. Add 1 tablespoon olive oil to pan swirling to coat. Sprinkle 1/8 teaspoon of salt over chicken. Add chicken to pan and saute' for 3 minutes or until browned, stirring occasionally. Remove the chicken from pan. Add leek, black pepper and remaining 3/8 teaspoon of salt to pan; saute' for 4 minutes or until leek is tender and golden. Add leek mixture to chicken.

Place the remaining one tablespoon of oil in the pan, swirling to coat. Add rice, stirring well to coat rice with oil; cook without stirring for 2 minutes or until edges begin to brown. Stir rice mixture and cook, without stirring, for 2 more minutes or until edges begin to brown. Stir in chicken mixture, cranberries and sage. Add wine and cook, stirring constantly, for 2 minutes or until mixture is dry.

Yield: 5 1/2 cups

Per Serving (excluding unknown items): 711 Calories; 12g Fat (15.0% calories from fat); 14g Protein; 135g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 378mg Sodium. Exchanges: 8 1/2 Grain(Starch); 2 Vegetable; 0 Fruit; 2 1/2 Fat.