

Gluten Free Chicken Fried Rice

4 Tablespoons Avocado Oil

2 teaspoons finely minced garlic

2 teaspoons finely minced ginger

2 whole scallions- chopped

½ cup minced yellow onion

½ cup bella mushrooms

½ cup diced carrots

½ cup chopped water chestnuts

½ cup chopped asparagus

1 teaspoon sea salt

½ pound chicken, cooked and chopped

freshly ground pepper

3 cups cooked jasmine rice

2 eggs

gluten free soy sauce