

Pineapple Fried Rice



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Scan for interactive recipe

Serves: 4

Prep: 15 minutes | **Cook:** 10 minutes

INGREDIENTS

- 2 tablespoons cooking oil
- 2 eggs, beaten with a dash of salt
- 1 1/2 cups fresh or canned pineapple, diced
- 1 large red bell pepper, diced
- 3/4 cup green onions, sliced
- 2 cloves garlic, minced
- 2 cups cooked and chilled brown rice
- 1/2 cup cashews, chopped (optional)
- 1 tablespoon reduced-sodium soy sauce
- 1 small lime, halved

DIRECTIONS

1. Heat a large skillet on medium-high heat. Add 1 teaspoon oil, pour in eggs and stir frequently until eggs are scrambled, about 1 minute. Transfer egg to empty bowl.
2. Add 1 tablespoon oil to a skillet. Add pineapple and red pepper. Cook, stirring constantly, for 3-5 minutes. Add green onion and garlic and cook, stirring constantly, for 30 seconds. Add to bowl with cooked eggs.
3. Reduce heat to medium. Add rice (and optional cashews) to skillet and cook until hot, about 3 minutes.
4. Add cooked eggs and pineapple mixture to rice in skillet. Mix well and cook until warmed. Remove from heat.
5. Add soy sauce. Squeeze the lime juice over the rice and stir to combine. Serve hot.



Nutrition Information

Serving Size: 1/4 of recipe with cashews

Calories	361
Total fat	16 g
Saturated fat	3 g
Cholesterol	93 mg
Sodium	192 mg
Carbohydrates	32 g
Fiber	4 g
Sugar	10 g
Protein	9 g

Recipe source: Eat Fresh