

Pineapple Fried Rice



Nutritional Values per Serving:
Calories: 396 calories
Carbs: 60g
Protein: 12g
Fat: 13g
Fiber: 6g

INGREDIENTS:

Makes 4 servings

- 3 tbsp soy sauce
- 1 tbsp sesame oil
- ½ tsp pepper
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 onion, diced
- 2 carrots peeled and grated
- ½ cup frozen corn
- ½ cup frozen peas
- 3 cups cooked brown rice
- 2 cup diced fresh pineapple
- ½ diced turkey ham or other protein
- 2 green onions, sliced

DIRECTIONS:

1. In a small bowl, whisk together soy sauce, sesame oil, ginger powder and pepper; set aside
2. Heat olive oil in a large skillet or work over medium high heat. Add garlic and onion to the skillet and cook, stirring often, until onions have become translucent, about 3-4 minutes. Stir in carrots, corn and peas, and cook, stirring constantly, until vegetables are tender, about 3-4 minutes
3. Stir in rice, pineapple, ham, green onions, and soy sauce mixture. Cook, stirring constantly, until heated through, about 2 minutes
4. Serve immediately!

Notes:
