



The Kitchen at Second Harvest Pineapple Fried Rice

try at home recipe

Recipe modified from *Chocolate Covered Katie*

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Ingredients

- 2 tbsp coconut oil or vegetable oil, divided
- 2 eggs, beaten
- 1 ½ cups chopped pineapple
- 1 large red bell pepper, diced
- ¾ cup chopped green onions (about ½ bunch)
- 2 cloves garlic, minced
- ½ cup chopped raw, unsalted cashews
- 2 cups cooked and chilled rice preferably brown rice
- 1 tbsp reduced-sodium tamari or soy sauce
- 1-2 tsp chili garlic sauce or sriracha
- 1 small lime, halved
- Salt, to taste
- Cilantro for garnish

Directions

1. Heat a large frying pan over medium-high. Add 1 tsp oil. Pour in the eggs and cook, stirring frequently, until the eggs are scrambled and lightly set, about 30 seconds to 1 minute. Transfer the eggs to an empty bowl.
2. Add 1 tbsp oil to the pan and add the pineapple and red pepper. Cook, stirring constantly, until the pineapple is caramelized on the edges, about 3 to 5 minutes. Then add the green onion and garlic. Cook until fragrant while stirring constantly, about 30 seconds. Transfer the contents of the pan to your bowl of eggs.
3. Add the remaining 2 tsp oil to the pan over medium heat. Pour in the cashews and cook about 30 seconds, stirring constantly. Add the rice to the pan and stir to combine. Cook until the rice is hot, stirring occasionally, about 3 minutes.
4. Pour the contents of the bowl back into the pan and stir to combine, breaking up the scrambled eggs with your spoon. Cook until the contents are warmed through, then remove the pan from heat. Add the tamari and chili garlic sauce, to taste. Squeeze the juice of ½ lime over the dish and stir to combine. Season to taste with salt. Serve with lime slice and torn cilantro garnish.



Yield: 4 servings

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and ways to get involved!



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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



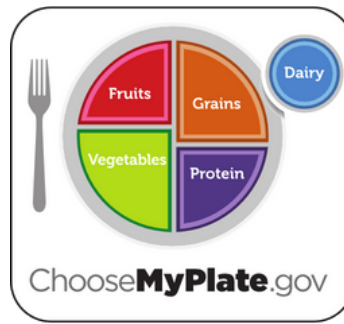
The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Cooking Tips

- For 2 cups cooked rice, you'll need to cook up about $\frac{2}{3}$ cup dry rice
- Try adding whatever protein you have on hand such as tofu or chicken in addition to the eggs

Second Harvest is an equal opportunity provider.



Nutrition Facts

Nutrition Facts	
4 servings per container	
Serving size	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 290mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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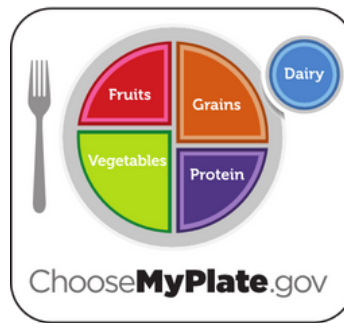
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