

Pineapple Fried Rice

Ingredients:

- 1 cup pineapple – diced small
- 3 Tbsp. olive oil
- 5 cups cooked brown/wild rice
- 2 Tbsp. ginger
- Dash salt
- Dash pepper
- 2 Tbsp. mint
- Green onions to garnish



Directions:

1. Inspect all products before using.
2. Clean and cut the pineapple. Dice into small pieces. Set aside.
3. Turn on stove to medium heat.
4. In medium saucepan add the pineapple. Cook until the fruit has a nice golden color.
5. Add the rice and ginger. Cook until the rice is warm and has some color.
6. Season with salt and pepper to taste.
7. Remove from heat. Add the mint.
8. Garnish with green onions.
9. Serve immediately.

Serves 10.

Portion Count: 1 yellow, 0.25 purple, 1 orange

By: Chef Scott Hallinan
Assistant Chef/supervisor

Nutrition Facts	
Serving Size 1/2 cup (121 g)	
Servings per container 10	
Amount Per Serving	
Calories 156	Calories from Fat 44
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	
Vitamin A 2%	Vitamin C 6%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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