

PINEAPPLE FRIED RICE

The following recipe serves one. Double, triple or quadruple as needed.

INGREDIENTS:

- 1 tbsp. peanut oil
- 2-3 tbsp. soy sauce
- 1 cup diced pineapple
- 1 egg
- 2 cups cooked rice

For added protein:

- 3 oz. chicken, steak or shrimp
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DIRECTIONS:

Heat 1 tablespoon peanut oil in a large skillet over medium-high heat. Add 1 cup diced pineapple (fresh or canned/drained) and cook for 2 minutes, until the pineapple is golden brown. Add 2 cups cooked rice, and 2-3 tablespoons soy sauce.

Cook for 2 minutes to heat through, stirring frequently. If desired, fold in 1 scrambled egg. For added protein, add 3 ounces chicken, steak or shrimp – cook the meat/seafood with the pineapple until cooked through.

