



# Pineapple Egg Fried Rice

### Ingredients:

- 1 cup cooked long grain brown rice
- Cooking oil spray
- 1 clove garlic, minced
- 2 cups frozen mixed vegetables (carrots, peas, corn), thawed
- ½ cup canned pineapple chunks
- 2 eggs
- Salt and Pepper (to taste)
- 2 tablespoon Tamari/soy sauce
- 1 teaspoon sesame oil
- Sriracha (optional)
- \*Note use canned pineapple in water or 100% pineapple juice

### Instructions:

1. Cook rice according to package
2. Coat skillet with cooking oil on medium high heat. Add vegetables, garlic. Sauté for 2-3 minutes. Set aside.
3. Spray skillet with cooking oil. Whisk 2 eggs in a small bowl with a fork. Scramble in pan.
4. Add rice, vegetables, soy sauce, sesame oil, and pineapple.
5. Cook 2-3 minutes and stir until well combined. Add salt and pepper to taste. Top with sriracha!

### Variations:

Rice can be whatever type you like! We use brown rice because it is a complex carbohydrate; slow releasing sugars and sustained energy.

Sauce can be switched out with regular soy sauce, coconut aminos, or any kind of Asian dish sauce.

**Prep Time: 5 minutes**  
**Cooking Time: 10 minutes**

### Equipment:

- large pan
- medium pot
- large plate
- small bowl
- spatula
- can opener

**Servings: 3**

**Serving Size: 1**



<b>Nutrition</b>	195	7 g	0g Saturated	30g	3g	3g
<b>Facts:</b>	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	8 g	36mg				
	Sugar,	Sodium.				

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
 For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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