

Pineapple Chicken “Fried” Rice



PHOTO: <http://www.justataste.com/easy-pineapple-chicken-fried-rice-recipe/>

Nutrition Information Per Serving (Serving Size: 1/3 of recipe):

Calories: 431, Total Fat: 6g, Sodium: 517mg, Carbohydrate: 65g,

Fiber: 8g, Sugar: 11g, Protein: 30g

Serves 3

Ingredients:

1/2 small onion, chopped
3 cloves garlic, minced
1 cup cooked chicken, diced
2 cups frozen carrots and peas, thawed
1 cup chopped pineapple, fresh or canned
3 cups pre-cooked brown rice
2 tablespoons low-sodium soy sauce

Directions:

1. Using a little vegetable oil in a saucepan, sauté the onion and garlic until softened.
2. Add in chicken and allow it to cook until warmed.
3. Add in carrots and peas, pineapple, cold brown rice, and soy sauce. Stir to combine. Sauté everything together until just heated through and soy sauce is evenly distributed.
4. Divide the rice between three bowls and top with green onions, red pepper flakes, or any garnishes you would like.

Source: Recipe slightly adapted from <http://theconscientiouseater.com/recipe-redux-7-ingredient-pineapple-stir-fried-rice/>