



PINEAPPLE FRIED RICE

September 20

National Fried Rice Day




INGREDIENTS

- 4 Tablespoons Soy Sauce
- 2 Tablespoons Toasted Sesame Oil
- 1 Tablespoon Brown Sugar
- 2 Cloves Garlic (minced)
- 1 Teaspoon Ground Ginger
- ¼ Teaspoon Pepper
- 2 Tablespoons Olive Oil
- 1 Cup Diced Onion
- 1 Cup Grated Carrots
- ½ Cup Frozen Corn
- ½ Cup Frozen Peas
- 3 Cups Cooked Rice
(enriched or whole grain-rich)
- 2 Cups Diced Fresh Pineapple
- ¼ Cup Sliced Green Onions

DIRECTIONS

1. In a small bowl, stir together the soy sauce, sesame oil, brown sugar, garlic, ground ginger, and pepper.
2. In a large pan over medium heat, add the oil and onions, cooking for 3-4 minutes, until the onions become translucent, stirring often.
3. Add the carrots, corn, and peas to the pan with the onions, cooking for 4-5 minutes until the vegetables are tender.
4. Stir in the brown rice, pineapple, green onions, and sauce mixture, stirring constantly, cooking for 4-5 minutes, until heated through.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	1 Cup	1½ Cups	2¾ Cups