Pacific Islands & Oceania
HAWAIIAN BREAKFAST FRIED RICE



INGREDIENTS

- 6 Slices Bacon* (diced)
- 2½ Cups Sweet Onion (diced)
- 2½ Cups Red Pepper (diced)
- ¾ Pound Ham Steak (cubed)
- 5 Cloves Garlic (minced)
- 2½ Cups Pineapple (diced)
- 8 Large Eggs (beaten)
- ½ Cup Low-Sodium Soy Sauce
- 2½ Tablespoons Sesame Oil
- 2½ Tablespoons Oyster Sauce
- 2½ Tablespoons Honey
- 5 Teaspoons Ginger (minced)
- 10 Cups Cooked Brown Rice
- ½ Cup Scallions (chopped)

DIRECTIONS

1. Heat a large skillet over medium heat (work in batches if needed). Cook the bacon until crisp, about 8 minutes. Remove to a paper towel-lined plate, leaving 3 tablespoons of fat in the pan.
2. Add the onion and cook until translucent, 5 to 7 minutes. Add the pepper and cook until just tender, about 5 minutes.
3. Add the ham and cook until lightly browned, about 5 minutes. Stir in the garlic and pineapple and cook 2 more minutes.
4. Push everything to one side. Add the eggs and scramble until fully cooked with no visible liquid egg (160°).
5. In a small bowl, whisk the soy sauce, sesame oil, oyster sauce, honey and ginger.
6. Add the chilled, day-old rice and stir until hot, about 3 minutes. Pour the sauce over the rice and stir in the bacon. Cook until golden and slightly crispy in spots, 2 to 3 minutes.
7. Top with scallions and serve.

MEAL PATTERN CONTRIBUTION

Grain

MEAL TYPE

Breakfast

YIELD

23 Cups

PORTION SIZES

Toddler:	¾ Cup Fried Rice
Preschool:	¾ Cup Fried Rice
School Age:	1¼ Cups Fried Rice
Adult:	2½ Cups Fried Rice

**This food item does not credit in CACFP.*