

Pineapple Fried Brown Rice

Ingredients

- 1 1/2 cups brown rice
- 3 cups water
- 2 Tablespoon Canola Oil
- 2 Cup pineapple (preferably fresh), cut into bite sized pieces
- 3 medium carrots, peeled and grated
- 2 stalks celery, sliced at an angle
- 1 medium sweet onion, chopped
- 2 Tbsp reduced sodium soy sauce
- 2 teaspoon sesame oil
- 1 medium orange, juiced.
- 1 cup frozen green peas

Preparation

1. Cook rice to package directions over stove or in a rice cooker.
2. Heat oil in large nonstick pan or wok over medium heat. Once hot, add the onions and carrots to the pan and fry until tender and translucent (about 6-10 minutes)
3. Add the celery and cook until bright and slightly tender.
4. In a small bowl mix the sesame oil, soy sauce, and orange juice.
5. Add cooked rice to frying pan along with pineapple, peas, and sauce. Toss to coat.



Yield: 6 servings, 3/4 cup serving

per serving: 280 Calories | 10g Fat (1g Saturated Fat) | 5g Protein | 44g Carbohydrates | 240mg Sodium