



PINEAPPLE FRIED RICE



INGREDIENTS:

- 12 oz protein of choice
- 1 cup cooked brown basmati rice
- 1 cup frozen veggie medley (thaw before cooking)
- 1 cup shitake mushrooms (chopped)
- 3 green onion stalks
- 1 large red bell pepper (chopped)
- 2 whole eggs

PINEAPPLE SAUCE:

- 1 cup pineapple chunks
- 1/4 cup low sodium soy sauce
- 2 tbsp sesame oil

DIRECTIONS:

1. Cook protein per preference, set aside
 2. Add all sauce ingredients to a small sauce pan, mix well
 3. Heat the sauce until it begins to boil, lower to medium-low heat. Cook the sauce for ~ 15 minutes. Once done set aside
 4. Chop green onion, save the green portion to use as a garnish
 5. Heat a large pan on medium heat, lightly spray with cooking oil. Once pan is hot add the white portion of the green onion
 6. Beat eggs in a small container, add to the hot pan. Scramble until fully cooked
 7. Add the veggie medley, mushrooms, bell pepper, and rice. Mix well. Cook for ~ 10 minutes.
 8. Split the rice and veggie mixture into 4 equal servings. Add 3 oz of protein of choice to each serving. Top with equal servings of the pineapple sauce. Garnish with scallions
- Enjoy!

Makes 4 Servings | 1 Serving with Sauce =
Calories: 331 | Protein: 26 g | Carbs: 30 g | Fat: 11 g | Fiber: 4 g