Louisiana Harvest of the Month

Pineapple Fried Rice with Shrimp

Home Recipe

Serves: 6
Prep Time: 15 minutes
Cook Time: 15 Minutes

Ingredients

- 2 Tbsp oil
- 2 eggs, beaten with a dash of salt
- 1 large red bell pepper, diced or green and red bell pepper
- 1 cup frozen green peas
- 1 small onion, chopped
- 3/4 cup chopped green onions (about 1/2 bunch)
- 2 cloves garlic, pressed or minced
- 4 cups cooked and chilled Supreme brown rice
- 2 Tbsp reduced-sodium tamari or soy sauce
- 2 tsp fish sauce
- 1 to 2 tsp chili garlic sauce or sriracha
- ½ pound Louisiana Shrimp, peeled, deveined, and cut into ½ inch pieces if large
- 1 1/2 cups chopped fresh pineapple1 small lime, halved
- Garnish with a handful of fresh cilantro leaves and a squeeze of lime juice

Cooking Instructions

1) Heat a large wok or non-stick frying pan over medium-high heat and place an empty serving bowl nearby. Add a teaspoon of oil and scramble the eggs, stirring frequently, for about 30 seconds to 1 minute. Be careful not to overcook. Transfer the eggs to the empty bowl.
2) Add 1 tablespoon of oil to the pan and add the chopped onion and bell pepper. Cook, stirring constantly, then add the garlic. Cook until fragrant while stirring constantly, about 30 seconds. Add the soy sauce and fish sauce and rice. Toss to mix well and add the shrimp and peas and toss until cooked through (the shrimp will be opaque).
3) Transfer the stir-fry to serving bowls and top with fresh chopped pineapple and cilantro. Serve with lime wedges, bottles of tamari and chili garlic sauce or sriracha on the side, for those who want to add more.

Nutrients Per Serving

Calories	210
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	20 mg
Sodium	440 mg
Carbohydrates	40 g
Dietary Fiber	4 g
Total Sugars	7 g
Protein	9 g
Calcium	32 mg
Iron	1 mg
Potassium	195 mg

LSU AgCenter
Research · Extension · Teaching

For More Information
louisianafarmtoschool@agcenter.lsu.edu
www.SeedstoSuccess.com

This Institution is an equal opportunity provider.

SEEDS to SUCCESS
THE LOUISIANA FARM TO SCHOOL PROGRAM