

Hawaiian Fried Rice

with ham and pineapple

- Fried rice is a great “empty the fridge” meal—use up leftover rice, proteins and vegetables for a quick weeknight meal.
- Remix your leftover holiday ham into this simple and delicious ham and pineapple fried rice.
- Use diced TEFAP ham in place of holiday ham leftovers.
- Use brown rice to add whole grains and get the most nutrition value.
- Use fresh, frozen or canned vegetables that you may have on hand— don’t feel like you have to stick to the “peas & carrots” theme of fried rice. Try adding broccoli, cauliflower, snap peas, tomatoes, bell peppers, etc.

Nutrition Facts

5 servings per container
Serving size 1 1/2 cups

Amount per serving
Calories **440**

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 580mg	25%
Total Carbohydrate 67g	24%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%

Protein 30g	
Vitamin D 0mcg	0%
Calcium 187mg	15%
Iron 3mg	15%
Potassium 643mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 5 Prep Time: 30 minutes–1 hour



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Ingredients:

- 1 cup brown or white rice, dry, or 3 cups leftover cooked rice
- 1 Tablespoon cooking oil
- 1 medium onion, diced
- 2 cups cubed ham
- 1 cup pineapple chucks, bits or chopped rings, drained (save the juice)
- 3 Tablespoons pineapple juice (from canned pineapple)
- 1 teaspoon garlic powder
- 2 1/2 Tablespoons low sodium soy sauce
- 1-2 cups vegetables (peas & carrots, broccoli, snap peas, cauliflower, tomatoes, etc.)
- Optional: 1 large egg

Directions:

1. Cook dry rice according to package instructions. (If using leftover rice, skip this step)
2. While rice cooks, dice ham, drain pineapple (keep juice), dice onion, measure seasonings, thaw, chop or drain vegetables (as necessary).
3. Add oil to a medium high heated pan. When hot, add diced ham and onion.
4. Stir ham and onions occasionally for about 5 minutes, until the sides of the ham start to brown.
5. While this cooks, mix the soy sauce, pineapple juice and garlic powder together.
6. Add vegetables and pineapple and stir for about 2 minutes. Add half of the soy-pineapple mixture, stir. Add the rice and stir all together.
7. If adding egg: Push rice mixture to the edges of the pan, creating a circle in the middle to cook the egg. Crack and scramble the egg in the empty circle. Mix eggs into the rice mix.
8. Mix in the rest of the soy pineapple seasoning. Enjoy!