



Thai Pineapple and Cashew Fried Rice

INGREDIENTS:

- 2 cups Brown Rice, long grain, cooked
- 1 each Pineapple, ripe, cut in half and then gutted out. Cut each half into half for four servings. (to serve dish in)
- 1 cup Pineapple, medium size chunks cut from fresh pineapple (to cook in dish)
- 1 Tablespoon Sesame oil
- 1 Tablespoon Garlic, fresh, minced
- 1 Tablespoon Ginger, fresh, minced
- 1/4 cup Cashews, unsalted or lightly salted, pieces or chopped
- 2 Tablespoon Low sodium soy sauce
- 4 Green Onions, chopped
- 1/4 cup Raisins
- 1/4 teaspoon Green curry paste
- 1/4 cup Cilantro, fresh, chopped
- 2 cup Sauted shrimp or chicken breasts (optional)

PREPARATION:

- Preheat oven to 350 F°
- Cook brown rice a day ahead of time or at least a couple hours ahead. Let rice slightly dry out.
- Preheat large sauté pan
- Add Sesame oil to sauté pan
- Sauté garlic, ginger, and green onions.
- Add in rice, low sodium soy sauce, and curry paste.
- Then stir in pineapple chunks, raisins, and cashews.
- Serve with your favorite dish or add your favorite protein mixed in.
 - Shrimp, chicken breast, pork tenderloin, or beef tenderloin are great items to add.
 - When finished mixing all the ingredients, place in a 1/4 of the pineapple bowl.

Number of Servings: 4

Serving Size: Approx 1 cup

Calories: 190

Fat: 10

