

Pineapple Pork Fried Rice

This one dish meal is bursting with texture and taste. Fresh pineapple, crisp-tender carrots and celery, and pungent ginger combine with pork in this homemade fried rice recipe that's ready in 45 minutes, start to finish.

By **EatingWell Test Kitchen** | Updated on February 21, 2020

Prep Time: 45 mins

Total Time: 45 mins

Nutrition Profile:

Dairy-Free Healthy Aging Healthy Immunity High-Protein Nut-Free

Ingredients

- 1 egg
- 2 egg whites
- 2 teaspoons canola oil plus 1 tablespoon, divided
- 1 pound pork tenderloin, cut into bite-size pieces
- 1 cup chopped fresh pineapple
- ½ cup thinly sliced carrot (1 medium)
- ½ cup thinly bias-sliced celery (1 stalk)
- ½ cup sliced scallions (4)
- 2 teaspoons grated fresh ginger
- 2 cloves garlic, minced
- 2 cups cooked jasmine rice
- ½ cup frozen peas, thawed
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon snipped fresh cilantro

Directions

Step 1

Beat together egg and egg whites in a small bowl; set aside. Heat 2 teaspoons oil over medium-high heat in a very large skillet or wok. Add pork. Stir-fry 3 to 5 minutes or until the pork is no longer pink. Remove the pork from the skillet; set aside.

Step 2

Add the remaining 1 tablespoon oil to the skillet or wok. Add pineapple, carrot, celery, scallions, and ginger; stir-fry 3 to 4 minutes or until the vegetables are tender. Add garlic; stir-fry 30 seconds more. Add the egg mixture; let stand 5 to 10 seconds or until the egg sets on bottom but remains runny on top. Add cooked

rice. Turn and toss mixture continuously 1 minute. Stir in the cooked pork, the peas, soy sauce, and cilantro; heat through. Serve immediately.

Originally appeared: Diabetic Living Magazine

Nutrition Facts

Per serving: **Serving Size 1 1/2 cups** 386 calories; total carbohydrate 41g; dietary fiber 4g; total sugars 8g; protein 31g; total fat 11g; saturated fat 2g; cholesterol 144mg; vitamin a 3206iu; vitamin c 26mg; folate 39mcg; sodium 546mg; calcium 44mg; iron 2mg; magnesium 41mg; potassium 585mg