



# Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

## Shrimp & Pineapple Fried Rice

Adapted from *Taste of Home Magazine*

Serves 4

- 2 eggs, beaten
- 2 teaspoons coconut oil
- 3 garlic cloves, minced
- 3 cups cooked brown rice
- 1 20-oz can unsweetened pineapple chunks, drained
- ½ pound cooked medium shrimp, peeled and deveined
- 1 cup frozen peas, thawed
- 1 bunch green onions, sliced
- 3 tablespoons soy sauce
- 1 tablespoon hoisin sauce
- 1 teaspoon natural cane sugar
- ¼ teaspoon pepper
- ½ cup toasted, chopped peanuts or cashews

Heat a cast iron skillet coated with cooking spray on medium heat. Add eggs; cook, stirring, until set; remove from pan and set aside. In the same pan, sauté onion in oil until tender. Add garlic; cook one minute longer. Stir in rice, shrimp, nuts, peas, and pineapple; heat through. Combine soy and hoisin sauce, sugar, and pepper; stir into rice mixture. Stir in the egg and serve.

*If you like hot Asian entrees, serve with hot chili oil to sprinkle on individual servings.*

*Miso soup is a good addition to this meal and provides needed food enzymes.*

*You can substitute cooked chicken or flavored diced tofu for the shrimp.*

*To cook brown rice, bring 1 1/2 cups long grain brown rice, 3 cups of water and a pinch of salt to a boil. Reduce heat to low, cover, and simmer about 50 minutes or until water is absorbed and rice is tender.*