

Pineapple Shrimp Fried Rice

Bonnie Brien - Pacific groce, CA
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Servings: 4

*2 tablespoons reduced-sodium soy sauce
1 teaspoon curry powder
1/2 teaspoon sugar
2 tablespoons peanut or canola oil, divided
1 pound uncooked shrimp (31-40 per lb.), peeled and deveined
2 teaspoons fresh ginger root, minced
1 clove garlic, minced
1 medium sweet red pepper, chopped
1 medium carrot, finely chopped
1/2 cup onion, chopped
1 can (20 ounce) unsweetened pineapple tidbits, drained
2 cups cooked rice, room temperature
6 green onions, chopped
1/2 cup salted peanuts, finely chopped
lime wedges*

In a bowl, mix the soy sauce, curry powder and sugar.

In a large skillet, heat one tablespoon of the oil over medium-high heat. Stir-fry the shrimp until they turn pink, 2 to 3 minutes. Remove from the pan.

In the same pan, heat the remaining oil over medium-high heat. Add the ginger and garlic. Cook just until fragrant, about 10 seconds. Add the pepper, carrot and onion. Stir-fry for 2 minutes. Stir in the pineapple and shrimp.

Add the rice and the soy sauce mixture. Heat through over medium heat, tossing to combine and to break up any clumps of rice. Stir in the green onions.

Sprinkle with the peanuts. Serve with lime wedges.

Per Serving (excluding unknown items): 161 Calories; trace Fat (2.8% calories from fat); 4g Protein; 35g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 313mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.