



The NMSD Monthly Morsel Nutritional Newsletter 2/7/21-2/13/21

Pineapple and Ham Fried Rice

Ingredients

1 lb. fried rice, prepared-cold
 1 c drained chopped pineapple
 ½ lb. chopped ham
 1 bunch green onions, sliced divided by color
 2 eggs, slightly beaten
 ½ c cabbage or bok choy
 Spicy stir fry sauce-optional
 1 tbsp sesame or canola oil

Preparation

Preheat a deep bodied skillet with oil, until shimmering. Add pineapple, cabbage, ham and whites of the onions. Cook on medium until you start to see a slight char on the pineapple and ham. Add fried rice; stir until all is well combined. Move ½ of the mixture to each side of the pan, then add eggs to the center. Scramble until almost set, then mix in with the rice and such. Garnish with green onions. If using the spicy stir fry sauce, add this when you are cooking the pineapple, ham and cabbage.



Spicy Stir Fry Sauce

great as a marinade as well

Ingredients

1 c soy sauce
 ¼ c rice wine or rice wine vinegar
 ¼ c white sugar
 2 tbsp chile paste
 2 tbsp sesame oil
 1 tbsp crushed red pepper or flakes

1 tbsp chopped garlic
 1 tbsp cornstarch

2 tsp chopped ginger

Preparation

Whisk soy sauce, rice vinegar, sugar, chile paste, sesame oil, crushed red pepper, garlic, cornstarch, and ginger together in a bowl. Use as marinade or stir fry sauce.



Asian Style Carrots

Ingredients

6 lg carrots, halved
 3 tbsp light soy sauce
 3 tbsp rice vinegar
 2 cloves garlic, minced
 2 tsp sesame oil
 2 tsp fresh ginger root, grated
 ¼ tsp 5-spice Chinese powder

Preparation

Bring a large pot of water to boil, add the carrots and parboil for 5 minutes. Drain and rinse with cold water. In a large glass dish, combine the remaining ingredients. Add the carrots and marinate for 30 minutes. Preheat oven to 400. In a roasting pan, cook the carrots for 30-40 minutes, or until softened and caramelized.



Pineapple and Pistachio Pudding

Ingredients

One (1 ounce) package instant sugar-free pistachio pudding mix
 One 8-ounce container plain low-fat yogurt
 One 8-ounce container vanilla low-fat yogurt
 8 oz. pineapple, undrained
 1 cup frozen whipped topping, thawed

Preparation

In a large bowl, combine pistachio pudding mix, plain yogurt, vanilla yogurt and crushed pineapple. Mix until smooth. Fold in whipped topping. Cover, and refrigerate until chilled.



Easy Oven Brown Rice

Ingredients

1 ½ c brown rice
 1 tsp salt
 2 tbsp butter
 3 c boiling water

Preparation

Preheat oven to 400 degrees. Place rice, salt, and butter in a casserole dish that has a cover. Pour boiling water over rice; stir. Cover and bake in preheated oven until liquid is absorbed and rice is tender, about 1 hour. Remove from oven, fluff with fork, and serve hot.



PRO TIP: Ground spices die quickly. So give them a whiff—if they don't smell like anything, they won't taste like anything. And if they don't taste like anything, you're cooking with a flavorless, brown powder!

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