

Pineapple Fried Rice

By: Anna Bramwell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

A savory, full-flavored rice.



Yield: 2 cups (4 servings)

Ingredients:

- 2 c. Brown Rice
- 4 c. Water
- 1 Tsp. Canola Oil
- 1 Onion; diced
- 2 Cloves garlic; peeled and minced
- 1 Red bell pepper; diced
- 1 Green bell pepper; diced
- ¼ C. Fresh pineapple; diced
- 1 Tsp. Soy sauce or liquid amino
- 1 Tsp. Scallion; cut on a biased

Method of Preparation

1. Gather all ingredient and equipment.
2. Boil brown rice in 4 cups of water; then reduce heat to a simmer.
3. Heat sauté pan with oil over medium heat and add in garlic, onion, red, and green bell pepper.
4. Sauté until the onions are slightly caramelized then add in the diced pineapples and cook for an additional 5 minutes.
5. Reduce heat and add the fully cooked rice and soy sauce; stir until fully combined.

Nutritional Analysis: Per serving

Calories: 181 g.

Total Fat: 4 g.

Saturated Fat: 0.45 g.

Mono Fat: 2 g.

Protein: 4 g.

Carbohydrates: 32 g.

Fiber: 3 g.

Cholesterol: 0 mg.

B-6: 0.31 mg.

Potassium: 214 mg.

Folate: 23 mcg.

Vitamin K: 5 mcg.

Calcium: 23 mg.

Iron: 0.89 mg.

Sodium: 337 mg.

Thai Mango Salad

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A sweet and salty side dish with a tangy kick.



Yield: 4 servings

Ingredients:

- 2 c. Mango, thinly sliced
- 1 c. Cucumber, skin on, thinly sliced
- 2 Tsp. Cilantro, chopped finely
- 1 Tsp. Lime juice
- ¼ c. Peanuts, toasted, and chopped
- 2 Tsp. Pumpkin seeds, toasted

Method of Preparation:

1. Mix sliced mango, cucumber, chopped cilantro, and lime juice in a medium sized bowl.
2. Toast peanuts in a dry nonstick pan until lightly brown; chop finely and then add to the mixture.
3. Using the same pan as the peanuts, toast the pumpkin seeds and then add to the bowl, toss, serve, and enjoy!

Nutritional Analysis: Per serving

Calories: 222 kcal

Total Fat: 12 g.

Saturated Fat: 2 g.

Mono Fat: 6 g.

Protein: 7 g.

Carbohydrates: 24 g.

Fiber: 5 g.

Cholesterol: 0 mg.

B-6: 0.23 mg.

Vitamin B-12: 0 g.

Folate: 66. mcg.

Vitamin K: 13 mcg.

Calcium: 38 mg.

Iron: .94 mg.

Sodium: 5 mg.

Omega 3s: 0.12 g.

Potassium: 450 mg.