

# BITS and BITES

## Ham and Pineapple Stir-Fry

### Ingredients

- 2 tbsp. canola oil
- 1 small yellow onion, diced
- 1 carrot, finely diced
- 1 rib celery, diced
- 1 tsp. ground ginger
- 1 clove garlic, minced
- ½ cup canned or frozen corn
- 2 eggs
- 2 cups cooked brown rice
- 1 cup cooked ham, cubed
- 1 cup diced pineapple, canned or fresh
- 2 tbsp. low-sodium soy sauce

Stir-fry is a delicious, and healthy, way to eat vegetables. Stir-frying vegetables helps retain vitamins and minerals. Vegetables are an excellent source of vitamins A and C, potassium, folic acid, and fiber.

### Directions

1. Heat the oil in a large skillet or wok over medium-high heat.
2. Add the onions, carrot, and celery. Cook for 2-3 minutes, or until softened and started to brown.
3. Add ginger and garlic. Cook for 30 seconds.
4. Stir in corn.
5. Move the vegetables to the side of the pan to create a clear space, Crack the eggs into the clear space of the pan and scramble. Once cooked, incorporate the eggs with the vegetables.
6. Add the cooked rice, cubed ham, diced pineapple, and low-sodium soy sauce. Stir until fully heated.
7. Remove from the heat and enjoy!

Consider garnishing your stir-fry with green onions or cilantro. You can also add additional ingredients for crunch, such as water chestnuts, pea pods, or even cashews!

### SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

This institution is an equal opportunity provider.

NC STATE EXTENSION



# BITS and BITES

## Ham and Pineapple Stir-Fry

### Ingredients

- 2 tbsp. canola oil
- 1 small yellow onion, diced
- 1 carrot, finely diced
- 1 rib celery, diced
- 1 tsp. ground ginger
- 1 clove garlic, minced
- ½ cup canned or frozen corn
- 2 eggs
- 2 cups cooked brown rice
- 1 cup cooked ham, cubed
- 1 cup diced pineapple, canned or fresh
- 2 tbsp. low-sodium soy sauce

Stir-fry is a delicious, and healthy, way to eat vegetables. Stir-frying vegetables helps retain vitamins and minerals. Vegetables are an excellent source of vitamins A and C, potassium, folic acid, and fiber.

### Directions

1. Heat the oil in a large skillet or wok over medium-high heat.
2. Add the onions, carrot, and celery. Cook for 2-3 minutes, or until softened and started to brown.
3. Add ginger and garlic. Cook for 30 seconds.
4. Stir in corn.
5. Move the vegetables to the side of the pan to create a clear space, Crack the eggs into the clear space of the pan and scramble. Once cooked, incorporate the eggs with the vegetables.
6. Add the cooked rice, cubed ham, diced pineapple, and low-sodium soy sauce. Stir until fully heated.
7. Remove from the heat and enjoy!

Consider garnishing your stir-fry with green onions or cilantro. You can also add additional ingredients for crunch, such as water chestnuts, pea pods, or even cashews!

### SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

This institution is an equal opportunity provider.

NC STATE EXTENSION

