

Pineapple “Fried” Rice

Serves 4

Ingredients:

1 package **Wellness Forum Health’s Biryani Mix**,
1 medium yellow onion, thinly sliced,
1 serrano chile pepper, sliced into thin rings,
4 cloves garlic, minced,
½ cup Stir Fry Sauce, recipe follows,
Two 8-ounce cans pineapple chunks, drained (about 1½ cups) ,
½ cup cooked peas ,
½ cup chopped cilantro.

Instructions:

- Prepare the Biryani according to package instructions.
- While the Biryani cooks, heat a large skillet over medium-high heat. Add the onion and stir fry for two minutes.
- Add the serrano chile, and garlic, and cook 1 minute.
- Add the stir fry sauce, pineapple chunks, and peas and cook until heated through.
- Serve garnished with the chopped cilantro and the sliced almonds from the Biryani mix.

Stir Fry Sauce

Makes approximately ¾ cup

Ingredients:

¼ cup tamari,
⅓ cup low-sodium vegetable broth,
¼ cup maple syrup or agave nectar,
2 teaspoons grated ginger,
2 cloves garlic, peeled and minced,
2 teaspoons arrowroot powder.

Instructions:

Combine all ingredients in a medium saucepan and cook over medium heat until thickened, about 5 minutes.