

Hawaiian Fried Rice

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1/2 tablespoon olive oil
1 cup chopped cooked ham
1/2 cup pineapple tidbits
2 cups cooked white rice
1 egg, beaten
chopped green onion (for garnish)
soy sauce (for serving)

Heat the olive oil in a skillet over medium heat.
Add the ham, pineapple, rice and egg.

Cook until heated through and the egg is set.

Top with green onion and soy sauce.

Per Serving (excluding unknown items): 614 Calories; 13g Fat (19.2% calories from fat); 16g Protein; 104g Carbohydrate; 1g Dietary Fiber; 212mg Cholesterol; 77mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 Lean Meat; 2 Fat.