
Makes 30, 2 oz portions

Prep Time: 45 minutes

Materials Needed:

- Kid-safe knives
- Cutting boards
- Gloves
- Small bowl
- Skillet
- Measuring cups
- Measuring spoons
- Whisk
- Plates, forks, and napkins for serving

Ingredients:

- 3 tbsp vegetable oil
- 3 cloves of garlic
- 2 ¼ cup fresh pineapple (or canned pineapple rings in 100% juice)
- 2 red bell peppers
- 1 cup and 2 tbsp of green onions
- 3 cups cooked brown rice
- 2 tbsp soy sauce
- 1 ½ tsp chili garlic sauce or sriracha
- 1 ½ limes
- Salt and pepper to taste

Preparation:

- Cook rice according to package instructions.
- Prepare pineapple and vegetables ahead of time so that each student will have an ingredient task.
 - Half or quarter peppers
 - If using fresh pineapple, cut into large chunks
 - Cut limes into wedges

Instructions:

- Break students into groups of 4-5.
- Pass out a set of gloves to each student.
- Review each ingredient with the class and explain how each ingredient will be prepared.

- **Vegetable Oil** - *I will add this to the skillet (or pan) and heat it up. This helps cook our vegetables and keep them from sticking to the pan.*
- **Brown Rice** - *Brown rice is a whole grain. It is high in fiber and good for your heart! The rice we will use has already been cooked, we will add it to the skillet with the other ingredients to warm it up.*
- **Pineapple** - *Pineapple is a tropical fruit! That means it grows in places like Hawaii, that are warm all year long! We are going to chop our pineapple into bite size pieces.*
- **Bell Peppers** - *Bell peppers are often used in stir fries. They taste great and add lots of color! Today, we will dice our bell peppers into bite-sized pieces.*
- **Green Onions** - *Green onions can also be called scallions. They are young onions with a mild, sweet flavor that can be eaten cooked or raw. We are going to chop green stems into small pieces.*
- **Garlic** - *Today we are going to mince our garlic, which means to chop it up into really small pieces. Garlic can be purchased as a bulb, or you can buy it already minced in a jar.*
- **Limes** - *Limes are a citrus fruit! They are often used to add a tangy flavor to food and drinks! They are high in vitamin C! In this recipe, we will flavor our dish with a few squeezes of lime juice at the end, just before we serve our meal!*
- **Soy Sauce, Chili Garlic Sauce** - *These sauces are often used in stir fries. They add great flavor to vegetables and meats. Today, we will measure out these sauces into a bowl and whisk them together.*
- Explain to students that each group will work on preparing an ingredient like we just reviewed. Review food safety rules.
- Assign an ingredient that needs to be prepared (pineapple, bell peppers, green onions, garlic, sauces) to each group, and provide each student within that group an amount of that ingredient to prepare, along with a knife, or other tools needed for preparation.
- While students are preparing the ingredients, plug in the skillet and warm it up on medium heat. Add a tablespoon of vegetable oil.
- Once the ingredients have been prepared, add the pineapple and bell peppers. Cook until caramelized, 3-5 minutes.
- Next, add the green onion and garlic. Cook until fragrant, about 30 seconds.
- Add the cooked rice to the skillet and cook until heated through, about 3-5 minutes.
- Add the bowl with the whisked sauces to the skillet and squeeze a few lime wedges on top and toss to combine. Season with salt and pepper to taste.
- Serve a taste test to each student and enjoy!