



Makes 8 cups
Preparation Time: 40 minutes
Cook Time: 4 minutes

INGREDIENTS:

3 cups 1-inch chunks fresh pineapple

2 tablespoons lime juice

1 tablespoon pure maple syrup

1 tablespoon unseasoned rice vinegar

2 teaspoons grated fresh ginger

6 oz. firm tofu, drained and cut into ½-inch cubes

1 cup chopped red bell pepper

½ cup bias-sliced scallions

6 dried Thai chiles (bird's eye chiles), coarsely crushed

3 cloves garlic, minced

8 oz. fresh shiitake mushrooms, stems removed and caps sliced

1½ cups fresh or frozen shelled edamame

1 cup matchstick-cut carrots

2 cups snow peas, sliced diagonally

2 cups chilled cooked brown jasmine rice

Chopped fresh cilantro

Lime wedges

Thai Pineapple Fried Rice

This lighter take on Thai [pineapple](#) fried rice recipe is totally vegan, totally oil-free, and totally tasty. It starts with soaking tofu in a zesty pineapple and lime marinade so each chunk soaks up the juicy tropical flavors, then sautéing pineapple cubes, [bell peppers](#), and chiles to tender perfection. Once this colorful mixture is complete, it's time to "fry" up the rice with carrots, mushrooms, and snow peas, but feel free to add in any other veggies you have lying around. It's best to use day-old or leftover rice for this recipe, since freshly cooked rice is too moist and may result in soggy fried rice. Toss it all together for an explosion of sweet and spicy flavors, and if you're feeling fancy, serve it in hollowed-out pineapple halves!

For more inspiration, check out these tasty ideas:

- [Fried Rice Waffles with Silken Braised Eggplant](#)
- [Oil-Free Farro Fried Rice](#)
- [No-Fry Fried Rice](#)
- [Oil-Free Tofu Fried Rice](#)

By Ellen Boeke

- 1** In a food processor blend ¾ cup of the pineapple chunks until smooth. In a medium bowl stir together pineapple puree and the next four ingredients (through ginger). Gently stir in tofu.
- 2** In an extra-large nonstick skillet cook and stir the remaining 2¼ cups pineapple chunks and the bell pepper over medium-high 4 minutes or until pepper is tender. Stir in scallions, Thai chiles, and garlic; cook and stir 1 minute. Transfer mixture to bowl with tofu.
- 3** In the same skillet cook and stir mushroom caps, edamame, and carrots over medium-high 5 minutes. Add snow peas; cook and stir 4 minutes or until crisp-tender, adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add rice; stir to combine. Gently stir in pineapple mixture; heat through, stirring occasionally. Sprinkle with cilantro and serve with lime wedges.