



Pineapple Stir-Fry

1 can (19 ounce) Loma Linda Tender Bits, drained
1 can (8 ounce) pineapple chunks, drained
1 green bell pepper roughly chopped
1 red bell pepper roughly chopped
1 tablespoon tamari sauce
1/2 teaspoon sea salt

Directions: Cut Tender Bits into small pieces. Fry in lightly oiled skillet until browned. Add peppers and tamari sauce. Simmer until peppers are just softening. Add the pineapple chunks and heat a few more minutes.

Serve with cooked rice. If using pineapple rings, you can grill them for a nice flavor.

Submitted by Annie R. of North Carolina