

Sweet and Sour Pork

5 Servings

Ingredients:

1 lb. boneless pork loin, cut into half-inch. cubes
1 tsp. vegetable oil
3 Granny Smith Apples, cored and sliced into half-inch wedges
3/4 up salt-free chicken broth
1 tsp. brown sugar
4 to 5 packets Twin Plus or Sweet One sugar
1/4 cup cider vinegar
3 tbs. cornstarch
2 tbs. low sodium Worcestershire sauce
1/4 tsp. black pepper

Directions:

1. Heat skillet. Add oil and brown pork on all sides.
2. Add apples. Sauté 3 minutes, stirring occasionally.
3. Add 1/2 cup broth. Reduce heat and simmer covered for 10 minutes.
4. Add remaining ingredients to skillet.
5. Cook covered over medium heat until sauce thickens, stirring constantly.
6. Serve over rice.

Nutritional Facts:

Calories: 214
Carbohydrate: 24g
Fat: 5g
Sodium: 82mg
Protein: 20g

Exchanges: 2 vegetables, 1 starch, 1 meat

Recipe adapted from National Pork Producers Council and the National Pork Board.

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