

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sweet-and-Sour Pork Stir Fry

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Serves 4

1 can (8 ounces) pineapple chunks in juice, drained (juice reserved)
2 tablespoons rice vinegar
2 tablespoons soy sauce
1 tablespoon cornstarch
coarse salt and ground pepper
2 tablespoons canola oil
1 pork tenderloin (about 1 pound), halved lengthwise and thinly sliced
6 scallions, white and green parts separated, cut into 1-inch lengths
2 bell peppers (ribs and seeds removed), cut into 2-inch pieces
1 package (10 ounces) frozen broccoli florets, thawed and patted dry
cooked brown rice, for serving*

1. In a small bowl, stir together $\frac{1}{3}$ cup pineapple juice, vinegar, soy sauce, cornstarch, and $\frac{1}{4}$ cup water. Season sauce with salt and pepper.
2. In a large nonstick skillet, heat 1 tablespoon oil over medium-high. Cook pork, in two batches, until well browned on one side, about 1 minute (pork will cook more later); transfer to a plate.
3. To skillet, add scallion whites and bell peppers; season with salt and pepper. Cook, stirring, until peppers are crisp-tender, 6 to 8 minutes.
4. Add pork (along with any juices), broccoli, and pineapple chunks. Whisk sauce; add to skillet. Bring to a simmer; cook, stirring, until broccoli is warmed through, 2 to 4 minutes. Stir in scallion greens, and serve with rice.

*See past healthy recipe for fool-proof brown rice.