

Pork

Pork N Pineapple Stir Fry

Taste of Home One-Dish Meals

Servings: 6

4 teaspoons all-purpose flour
5 tablespoons reduced-sodium soy sauce, divided
1 1-pound pork tenderloin, cut into 1/2-inch cubes
2 tbs plus one tsp cornstarch
1 cup reduced-sodium chicken broth
1/4 cup packed brown sugar
1/4 cup rice vinegar
1/4 cup sherry or additional chicken broth
1 teaspoon sesame oil
1/4 teaspoon white pepper
2 teaspoons canola oil, divided
1 large onion, chopped
2 medium carrots, thinly sliced
1 tablespoon fresh gingerroot, minced
2 cloves garlic, minced
1 cup fresh pineapple, cubed
1 large sweet red peppere, cut into 3/4-inch pieces
1/2 cup green onions, thinly sliced
Hot cooked rice (optional)

Place flour and one tablespoon soy sauce in a large resealable bag; add pork. Seal bag and turn to coat; refrigerate for 30 minutes.

In a small bowl, combine the cornstarch, broth, brown sugar, vinegar, sherry, sesame oil, white pepper and remaining soy sauce until smooth; set aside.

In a large skillet or wok, stir-fry pork in one teaspoon canola oil for 4 to 5 minutes or until no longer pink. Remove with slotted spoon and keep warm.

Stir-fry the onions, carrots and ginger in remaining oil for 3 to 4 minutes. Add garlic; cook 1 minute longer. Add the pineapple, red pepper and green onions; tir-fry for 3 to 4 minutes or until vegetables are crisp-tender.

Stir the cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened.

Return the pork to the pan; heat through. Serve with rice, if desired.

Per Serving (excluding unknown items): 358 Calories; 5g Fat (13.0% calories from fat); 18g Protein; 59g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 556mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.