

Pork

Pork Rhubarb Skillet

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Servings: 4

Start to Finish Time: 30 minutes

- 1 tablespoon vegetable oil**
- 1 pound lean boneless pork, cut into bite-size strips**
- 1 medium onion, cut into thin wedges**
- 1 1/2 cups sliced fresh rhubarb or frozen unsweetened sliced rhubarb, thawed**
- 1 medium cooking apple, cored and sliced**
- 1 cup chicken broth**
- 2 tablespoons packed brown sugar**
- 1 tablespoon cornstarch**
- 1 tablespoon snipped fresh sage**
- 1/2 teaspoon salt**
- 1/4 teaspoon ground black pepper**
- 2 cups hot cooked couscous**

In an extra-large skillet, heat the oil over medium-high heat.

Add the pork to the skillet. Cook and stir for 3 to 4 minutes or until browned. Remove the pork from the skillet.

Add the onion to the skillet. Cook and stir for 2 to 3 minutes or until tender.

Add the rhubarb and apple. Cook for 3 to 4 minutes or until crisp-tender.

For the sauce: In a small bowl, combine the broth, brown sugar, cornstarch, sage, salt and pepper.

Add the mixture to the skillet. Cook and stir until thickened and bubbly.

Add the pork to the skillet. Heat through.

Serve over the hot cooked couscous.

Per Serving (excluding unknown items): 84 Calories; 4g Fat (40.1% calories from fat); 2g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 461mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.