

# SWEET & SOUR PORK FRIED RICE

## INGREDIENTS

### MARINADE:

- 1 Tbsp low-sodium soy sauce
- 1 Tbsp plain rice vinegar  
OR 1 Tbsp dry sherry
- 1 tsp cornstarch

### SAUCE:

- 1/2 cup fat-free, low-sodium chicken broth
- 1/2 cup all-fruit apricot spread
- 2 Tbsp plain rice vinegar  
OR 2 Tbsp white wine vinegar
- 1 Tbsp low-sodium soy sauce (lowest sodium available)

### DISH:

- 1 pound pork tenderloin, all visible fat discarded, cut into 3/4-inch cubes
- 2 large eggs, lightly beaten with a fork
- 1 tsp canola or corn oil
- 2 to 3 tsp crushed red pepper flakes
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium carrot, diced
- 3 cups cooked brown rice (cold preferred)
- 1 8-ounce can pineapple chunks in their own juice, drained
- 1 cup frozen green peas, thawed
- 4 medium green onions, sliced



*Recipe courtesy of the American Heart Association*

**Serves: 4 • Serving Size: 1 1/2 cups**

**Nutrition Information:** Calories: 490; Total fat: 8g; Sat fat: 2g; Cholesterol: 153 mg; Sodium: 355mg; Total carb: 71g; Dietary fiber: 6g; Sugars: 28g; Protein: 31g.

## DIRECTIONS

1. In a large glass dish, whisk together marinade ingredients. Add the pork, turning to coat. Cover and refrigerate for 10 minutes to 8 hours, turning occasionally.
2. In a small bowl, whisk together the sauce ingredients. Set aside.
3. When the pork is done marinating, heat a wok or large skillet over medium-high heat. Remove from heat and lightly spray with cooking spray. Cook the eggs for 1 to 2 minutes, stirring frequently, until scrambled. Break up into pieces. Transfer to a plate.
4. Carefully wipe the wok with

- paper towels. Heat the oil over high heat, swirling to coat the bottom. Cook the pork with the marinade and the red pepper flakes for 5 minutes, or until the pork is no longer pink on the outside and tender, stirring frequently. Cook the bell pepper and carrots for 2 to 3 minutes, or until tender-crisp, stirring frequently.
5. Stir in the rice, pineapple, peas, green onions, reserved broth mixture and reserved egg pieces. Reduce the heat to medium. Cook 3 to 5 minutes, or until the mixture is warmed through, stirring occasionally to break up the rice.