

Pork

Cranberry Sweet-And-Sour Pork

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Servings: 6

Start to Finish Time: 20 minutes

1 tablespoon cornstarch

1/2 cup unsweetened pineapple juice

1 cup whole-berry cranberry sauce

1/2 cup barbecue sauce

1 1/2 pounds pork tenderloin, cut into 1/2-inch cubes

1 tablespoon canola oil

1/2 teaspoon salt

1/4 teaspoon pepper

1 medium green pepper, cut into strips

3/4 cup pineapple tidbits

hot cooked rice or chow mein noodles

In a small bowl, combine the cornstarch and pineapple juice until smooth.

Stir in the cranberry sauce and barbecue sauce. Set aside.

In a large skillet, stir-fry the pork in oil for 3 minutes or until the meat is no longer pink.

Sprinkle with salt and pepper.

Remove from the pan and keep warm.

Add the green pepper and pineapple to the pan. Stir-fry for 2 minutes.

Stir the cornstarch mixture and add to the skillet. Bring to a boil. Cook and stir for 2 minutes or until thickened.

Add the pork. Heat through.

Serve with rice or noodles.

Per Serving (excluding unknown items): 194 Calories; 7g Fat (31.2% calories from fat); 24g Protein; 8g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 405mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.