

Sweet & Sour Pork

Makes
6 servings

Prep time
10 minutes

Cook time
20 minutes

Good source of
Protein

Ingredients:

- ¼ cup plus 1 Tbsp. cornstarch, divided
- ½ tsp. salt
- ½ tsp. black pepper
- 2 large eggs
- 1 lb. pork loin (or porkchop), trimmed of fat and cut into ½-inch cubes
- 2 Tbsp. vegetable oil, divided
- 1 garlic clove, diced
- 1 yellow onion, cut into ½-inch chunks
- 1 carrot, cut into ½-inch chunks
- 1 bell pepper, cut into ½-inch chunks
- 1 15 oz. can pineapple chunks in 100% juice, with juice reserved
- 2 Tbsp. low-sodium soy sauce
- 1 Tbsp. fresh ginger, finely chopped
- 2 Tbsp. vinegar
- 2 Tbsp. sugar or honey

Nutrition Facts

6 servings per container
Serving size 1 cup (195g)

Amount per serving
Calories **250**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 260mg **11%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **7%**

Total Sugars 13g

Includes 4g Added Sugars **8%**

Protein 16g

Vitamin D 1mcg **6%**

Calcium 57mg **4%**

Iron 1mg **6%**

Potassium 370mg **8%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. In a mixing bowl, combine ¼ cup cornstarch, salt, pepper, and eggs. Whisk until smooth. Add cubes of pork loin. Toss to coat.
2. In a skillet or wok, heat 1 Tbsp. vegetable oil over medium heat. Add pork. Cook undisturbed for about 2 minutes, until browned on one side. Toss and cook an additional 5-7 minutes, stirring evenly until pork is seared on all sides and cooked through. Remove and set aside.
3. Heat remaining 1 Tbsp. oil in skillet. Add garlic, onions, and carrots. Cook, stirring frequently, about 2-3 minutes. Add bell pepper and cook 2-3 minutes.
4. Drain pineapple, being sure to reserve ¼ cup juice. Add pineapple chunks and pork to pan.
5. In a bowl, combine the remaining 1 Tbsp. of cornstarch, ¼ cup pineapple juice, soy sauce, ginger vinegar, and sugar or honey. Whisk until evenly mixed.
6. Add sauce to pan and bring to a boil. Once boiling, lower heat and cook for 2 minutes, being sure to stir continuously until sauce thickens.
7. Turn off heat and serve hot.

