

# Sweet and Sour Pork Fried Rice

Treat your taste buds to this tempting Asian dish bathed in a traditional Chinese flavor combo. The secret to delicious fried rice is making the rice and refrigerating it a day ahead. This allows the rice grains to firm up, decreasing the chances of the fried rice turning out mushy.

## Ingredients

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 **Servings** 4 **Serving Size** 1 1/2 cups

### Marinade Ingredients

1 tablespoon soy sauce (lowest sodium available)

1 tablespoon plain rice vinegar

OR

1 tablespoon dry sherry

1 teaspoon cornstarch

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1 pound pork tenderloin, all visible fat discarded, cut into 3/4-inch cubes

### Sauce Ingredients

1/2 cup fat-free, low-sodium chicken broth

1/2 cup all-fruit apricot spread

2 tablespoons plain rice vinegar

OR

2 tablespoons white wine vinegar

1 tablespoon soy sauce (lowest sodium available)

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### Cooking spray

2 large eggs, lightly beaten with a fork

1 teaspoon canola or corn oil

2 to 3 teaspoons 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

## Directions

🔦 Tip: Click on step to mark as complete.

In a large glass dish, whisk together the marinade ingredients. Add the pork, turning to coat. Cover and refrigerate for 10 minutes to 8 hours, turning occasionally.

Meanwhile, in a small bowl, whisk together the sauce ingredients. Set aside.

When the pork is done marinating, heat a wok or large skillet over medium-high heat. Remove from the heat and lightly spray with cooking spray (being careful not to spray near a gas flame). Cook the eggs for 1 to 2 minutes, stirring frequently, until scrambled. Break up into pieces. Transfer to a plate.

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.

Stir in the rice, pineapple, peas, green onions, reserved broth mixture and reserved egg pieces. Reduce the heat to medium. Cook for 3 to 5 minutes, or until the mixture is warmed through, stirring occasionally to break up the rice.

 Calories

490 Per Serving

 Protein

31g Per Serving

 Fiber

6g Per Serving

## Nutrition Facts

<b>Calories</b>	490
<b>Total Fat</b>	8.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	3.0 g
<b>Cholesterol</b>	153 mg
<b>Sodium</b>	355 mg
<b>Total Carbohydrate</b>	71 g
Dietary Fiber	6 g
Sugars	28 g
Added Sugars	0 g
<b>Protein</b>	31 g

### Dietary Exchanges

3 starch, 2 fruit, 3 lean meat