

# Heart Month | Heart Healthy Recipe

## Sweet and Sour Pork Fried Rice

Yield: 4 servings



- 1 lb. pork tenderloin, all visible fat discarded, cut into 3/4-inch cubes
- 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 soy sauce (lowest sodium available)
- ~ cooking spray
- 2 large eggs, lightly beaten with a fork
- 1 tsp canola or corn oil
- 2-3 tsp crushed red pepper flakes
- 1 med. red bell pepper, cut into 1-inch pieces
- 1 med. carrot, diced
- 3 cups cooked brown rice (cold preferred)
- 1 8-oz can pineapple chunks in their own juice, drained
- 1 cup frozen green peas, thawed
- 4 med. green onions, sliced

### **Marinade:**

- 1 tbsp soy sauce (lowest sodium available)
- 1 tbsp plain rice vinegar (or 1 tbsp dry sherry)
- 1 teaspoon cornstarch

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.

Nutrient info (per serving): 490 Calories, 31g Protein, 6g Fiber