



Pork Loin with Pineapple & Bell Peppers

Serves four

- 1 pound pork loin - cut into large cubes
- 1 medium red onion - cut in half and sliced into one inch pieces
- ½ bell pepper – any color – cut into one inch slices
- 2 – 1 inch thick pineapple slices – cubed
- 1/4 cup orange juice
- 1/4 cup soy sauce
- 1 TBS rice wine vinegar
- 1/2 TBS orange zest
- ½ tsp. dried red pepper flakes - optional
- ¼ cup freshly chopped cilantro leaves
- ¾ tsp. salt
- 1 tsp. black pepper
- 1 TBS peanut oil

Season the pork with salt and pepper.

In a small bowl mix together the orange juice, soy sauce, rice vinegar and orange zest. Stir well and set aside.

Heat a large skillet – or wok – with some peanut oil. Add the pork cubes and start browning the meat – about 5 minutes. Add the onion and cook, stirring occasionally, until pork is browning more evenly. Add the peppers and pineapple. Stir and cook for another few minutes. Add the liquid and red chili pepper flakes. Mix well and add the sesame oil. Allow everything to cook until liquid is almost gone and the meat and fruit are browned and cooked through. Add the chopped cilantro and remove from heat.

CALORIES 280.26; FAT 15.53 grs (sat 4.09; mono 6.97; poly 1.9); PROTEIN 24.13 grs ; FIBER 1.34 grs; CARBS 10.04 grs; CHOLESTEROL 73.70 mg; IRON 1.67 mg; SODIUM 1009.72 mg; CALCIUM 38.62 mg

