

## Sweet and Sour Pork

### Ingredients:

1 ½ lbs. boneless top loin of pork (Trimmed of all fat and cut into 1 inch strips)  
½ cup blanched whole almonds  
1 cup water  
1 medium onion, sliced into half-moons  
1 large green bell pepper, chopped  
¼ cup **reduced sodium** soy sauce

1 large tomato, chopped  
½ cup maple syrup  
½ cup vinegar  
½ cup ketchup  
1 tbsp. cornstarch, dissolved in water  
1 cup pineapple chunks, drained

Preheat oven to 300°F. Bake almonds for 15 minutes and set aside. Bring water to a boil in a small saucepan and add pork. Simmer for 5 minutes then add onion, bell pepper, and tomato to the pan and simmer for an additional 5 minutes. Drain off excess fluid. Put the maple syrup, vinegar, ketchup, and soy sauce in a saucepan and bring to a boil over high heat and boil for 2 minutes. Add the dissolved cornstarch and cook for 3-5 minutes. Add veggies, pork, and pineapple. Then add almonds and cook for 3 more minutes. Serve over brown rice.



**Total Fat: 18g**   **Calories: 430**   **Fiber: 3g**  
**Protein: 28g**   **Sodium: 230mg**

