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Pork Loin w/ Peppers and Pineapple ©

1 lb. pork loin – sliced and cut into bite size pieces, about ½ inch dice
2 Tlbs. flour
1 tsp cinnamon or allspice
1 tsp ginger
1 tsp ground garlic powder
2 Tlb. vegetable oil

1 large onion chopped
1 red pepper sliced thinly
8 ounces button mushrooms, cleaned and sliced
2 cups pineapple chunks - fresh or canned (in own juice, 20 ounce can) – drained
and reserve juice
½ tsp. each salt & pepper

Note: This dish can be served over noodles, rice, or in a tortilla (whole grain for better nutrition).

In a medium size bowl, combine flour and spices and mix. Add cut meat and mix until meat is coated with flour/spice mixture.
Heat 1 Tlb. oil in a medium size non stick skillet, on medium high. Add meat and cook until it turns light in color and browned on all sides, about 5 minutes. Remove from pan to a bowl & keep warm. Add 1 Tlb. oil to pan & warm, then add onions, pepper and mushrooms to pan and cook on high heat, stirring occasionally until just soft, but still crisp, about 10 minutes. Add pineapple and cook another 3 minutes. Add reserved pork, salt & pepper, and ¼ cup pineapple juice to create a sauce, and mix. Continue cooking until pork is done and all ingredients are warm & mixed, about 3 minutes. Serve.

Makes: 4 servings

Per serving (not including starch): 433 calories, 38 gm protein, 38 gm carb, 17 gm fat, 96 mg cholesterol, 223 mg sodium, 4 gm fiber.

Alternative Meat: Skinless boneless chicken thighs, breasts, & tenders, or turkey.

Alternative vegetables: can use sliced carrots, green beans, broccoli & cauliflower florets, or asparagus in this recipe in place of peppers and mushrooms. They will require longer initial cooking to soften-about 10-15 minutes.

Alternative spices: cumin, garam masala, paprika or chili powder in place of ginger & cinnamon, for a southwest flair and omit pineapple & use papaya or mango with beef broth (sodium reduced).