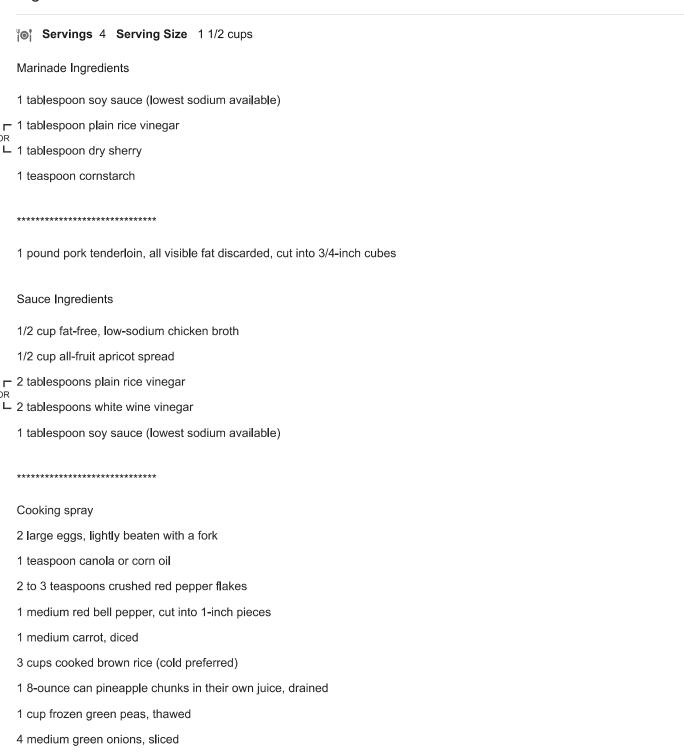
Sweet and Sour Pork Fried Rice

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



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	49
Total Fat	8.0
Saturated Fat	2.0
Trans Fat	0.0
Polyunsaturated Fat	2.0
Monounsaturated Fat	3.0
Cholesterol	153 m
Sodium	355 m
Total Carbohydrate	71
Dietary Fiber	6
Sugars	28
Added Sugars	0
Protein	31

Dietary Exchanges 3 starch, 2 fruit, 3 lean meat