



Recipe of the Month - October 2018

Sweet Pork Stir Fry

Serves 4

Serving Size: 2 cups

Cost per Serving: \$1.80

Ingredients:

- 6 ounces whole wheat thin spaghetti
- 1/3 cup reduced sodium soy sauce
- 2 Tablespoons packed brown sugar
- 2 garlic cloves, minced
- 1 Tablespoon oil (*canola, olive, or vegetable*)
- 1 pound boneless pork, thinly sliced (*chop or loin*)
- 1 package (*8 ounces*) sugar snap peas
- 2 cups bell pepper, sliced (*2 medium bell peppers*)



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Directions:

1. Cook pasta according to package directions.
2. Stir soy sauce, brown sugar, and garlic in a small bowl while pasta is cooking.
3. Heat oil in a large skillet over medium high heat. Add pork when oil is hot. Cook pork 5 minutes. Stir frequently.
4. Add peas and bell peppers to the skillet. Cook for 3 minutes.
5. Add the soy sauce mixture to the vegetables. Cook 3 minutes more.
6. Add the pasta and stir until all the ingredients are combined.

Tips:

- Garnish with mango or pineapple chunks
- The meat is easier to cut into strips if frozen for 20 minutes before cutting.

NUTRITION FACTS PER SERVING: 410 calories, 12g total fat (2g sat. fat), 60mg cholesterol, 640mg sodium, 49g carbohydrates, 3g fiber, 13g sugar, 28g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar*