Edamame Sweet and Sour Pork

Ingredients
1 lb pork tenderloin (pork stir fry)
1 (8-oz.) can pineapple chunks, drained
1 ½ cups frozen shelled edamame
¾ cup sweet and sour sauce
1 Tbl grated fresh ginger

Heat oil in wok,
Cut pork in 1-inch pieces add to the wok, with the ginger and
red pepper flakes. Cook for about 4 minutes
Add frozen Edamame and other stir-fry vegetables – let
cook for 4 more minutes
Add pineapple – stir fried for about 2 minutes
Add the sweet and sour sauce, cooked till warm throughout.

Serve on hot rice. Serves four.

Calories 480 (140 from fat) Sodium 370mg
Fat 9g (sat. 2g) Calcium 68mg
Protein 32g Iron 3.5
Carbohydrate 52g Cholesterol 75mg
Fiber 5g