Grab ‘n’ Go Dinner for Tonight

Sweet and Sour Pork with Rice
Serves: 4

Ingredients:	Where to find it:
Quick-cooking brown or white rice (amount to make 4 servings)	Aisle 2
2 tsp canola or olive oil	Aisle 5
1 lb boneless pork loin chops, cubed	Meat Dept.
1 large onion, cut into thin wedges	Produce Dept.
1 large green bell pepper (about 8 oz seeded and coarsely chopped)	Produce Dept.
2 carrots, peeled and sliced thinly	Produce Dept.
1/2 tsp minced garlic	Produce Dept.
2 medium tomatoes, chopped	Produce Dept.
1 1/2 cups pineapple chunks, packed in juice, drained	Aisle 3
1/2 cup bottled sweet & sour sauce (such as Kraft’s)	Aisle 2

1. Prepare rice according to package directions, but without oil or salt; keep warm.
2. Meanwhile, add the oil to a large nonstick skillet and heat over medium-high heat. Add pork and stir-fry until golden brown on the outside and no longer pink in the center. Add a little water if the pan gets too dry. Remove pork from pan and keep warm.
3. Add onion, bell pepper, carrots, garlic and 1 Tbsp of water to pan; stir-fry for 3 minutes. Add more water as needed.
4. Add tomato, pineapple, sweet-sour sauce, and pork to pan. Cook, stirring gently but thoroughly, just until heated through (1-2 minutes). Serve with cooked rice.

Sweet & Sour Pork with Rice
Servings Per Meal (4)

Amount Per Serving	
Calories 510	**Calories from fat 130**
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 3g	15%
Cholesterol 70mg	23%
Sodium 200mg	8%
Total Carbohydrate 71g	24%
Dietary Fiber 6g	24%
Sugars 29g	
Protein 28g	

Vitamin A 120% • **Vitamin C** 100%
Calcium 10% • **Iron** 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

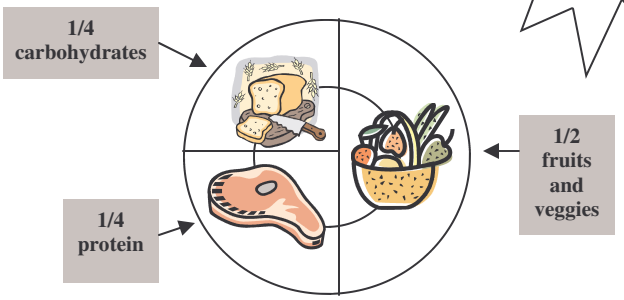
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

A Healthy Plate

Includes carbohydrates, protein, fruits and vegetables

Create a healthy plate by adding a beverage.



Tonight’s Grab ‘n’ Go Dinner
Cost per serving: $1.65

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

SHAPE UP Kittitas County
www.shapeupkc.org

All ingredients will be marked with the Shape Up Kittitas County logo.