

Pork with apple and grapes



Serves 5

Ingredients:

- 500 g pork tenderloin, cut into ½" cubes
- 2 small apples cut in bite-size pieces
- ½ cup apple cider
- 1 tbsp brown sugar
- ½ tsp allspice
- ¼ tsp cinnamon
- 1 tbsp cornstarch
- 1 tbsp water
- 2 cups red seedless grapes

Procedure:

- Grease a skillet with olive oil.
- Stir-fry pork until browned.
- Add apples, cider, sugar, allspice and cinnamon.
- Cover and simmer for 5 minutes or until meat is tender.
- Meanwhile, mix cornstarch with water and stir into meat mixture.
- Simmer stirring constantly, until thickened.
- Add grapes and cook for 1 – 2 minutes until grapes are heated.

Per serving:

- Calories: 195
- Protein: 19 gm
- Carbohydrates: 22 gm
- Fat: 3 gm

Fresh fruit adds sweetness to this dish that will delight anyone's palate. Serve with rice or noodles.