

Pineapple Teriyaki Pork

- Can be slow-cooked, pressure cooked, grilled or seared on a stovetop, or stir-fried.
- Serve with brown rice and a green vegetable for a balanced meal.
- If **slow-cooking**, stir in a package of frozen vegetables during the last 30 minutes of cooking.
- Cook in an **electric pressure cooker** for 15 minutes per pound for thawed meat and 30 minutes per pound for frozen meat. Allow 10 minutes for natural pressure release, then remove meat and thicken sauce with cornstarch slurry using the sauté function.
- You **MUST** boil marinade if used on raw meat to kill raw meat bacteria, otherwise throw it out.

Nutrition Facts:

Calories: 190
Total Fat: 3.5g
Saturated Fat: 1g
Cholesterol: 65mg
Sodium: 380mg
Carbohydrates: 13g
Dietary Fiber: 1g
Sugar: 12g
Protein: 27g

* Nutrition information does not include extra salt and pepper.

Teriyaki Pineapple Pork

Servings: 8

Prep Time: depends on cooking



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Ingredients:

- 2 pounds boneless pork loin, some fat trimmed
- 1/4 c. low-sodium soy sauce
- 1 (20oz.) can pineapple rings, chunks or crushed in 100% juice – keep juice strained from fruit
- 1/2 tsp. garlic powder (not garlic salt) or 2 cloves minced
- 1/2 tsp. ground ginger or 2 tsp. grated fresh ginger
- 2 Tbsp. brown sugar
- 1 Tbsp. cornstarch
- 2 Tbsp. water

Directions:

Marinade for Chops: In a large zip top bag or container with a lid, mix soy sauce, pineapple juice, garlic, ginger and brown sugar. Add pork loin (whole, chops or cubed) and marinate 20 minutes (for chops or cubes) or 4 hours up to overnight (whole loin) in the refrigerator.

Stovetop or Grill (best for chops): Strain marinade from chops. (follow sauce directions for marinade below) Cook pork on a grill or in a skillet at medium-high heat, 3-7 minutes on each side (depends on thickness of chop). Grill or sear pineapple for 2 minutes of each side in pork drippings.

Slow Cooker (best for loin): Add marinade and pork (fat side up) to the slow cooker and top with pineapple slices or chunks. Cook on **High** for 2.5 hours, or **Low** for 5.5 hours.

Stir-fry: Strain pork cubes from marinade and stir-fry over med-high heat for 3-5 minutes – this is the fastest cooking method. Make sauce. Toss pork in sauce and pineapple to serve.

To make Sauce: Strain fat from marinade (if needed) and bring to boil in a saucepan. Mix cornstarch and water in a separate bowl (slurry). Add slurry to the sauce and simmer until it thinly coats a spoon. Serve sauce over pork and pineapple.

Recipe Credit:

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