



### Nutritional Information

Total Servings 5  
Serving Size 2 cups  
Calories per serving 377  
Fat 9g  
Sodium 477mg  
Carbohydrates 20g  
Fiber 6g  
Protein 32g

# Prune Infused Pork Stir Fry

Prep Time: 15 minutes  
Cook Time: 6 minutes

## Ingredients

1.5 lbs pork tenderloin, cut into strips  
2 Tbsp canola oil, divided  
4 bell peppers, assorted colors, sliced  
4 medium red onion, sliced  
1 clove garlic, minced  
2 sticks celery, sliced  
1 Tbsp chili paste  
2 Tbsp balsamic vinegar  
3 Tbsp low-sodium soy sauce  
2 tsp ground cumin  
1 cup Sunsweet® Amaz!n™ Prunes  
½ cup Sunsweet® Prune Juice used to marinate  
1 cup cilantro, chopped  
Salt and pepper to taste

## Instructions

Marinate pork in prune juice at least one half hour.  
Heat wok or medium skillet on high heat. Add oil and remove pork from marinade. Add the pork to the pan and cook for 3 minutes. Discard marinade. Once cooked, put pork aside. Add the second tablespoon of oil to the wok or skillet and then add the peppers, onion, garlic and celery. Cook for one minute. Return pork to skillet or wok. Add chili paste, balsamic vinegar, soy sauce and cumin. Cook for another two minutes. Remove from heat. Add prunes and cilantro. Stir well and serve.

*Recipe created by Manuel Villacorta, RD*