

SERVES 5

Marilyn Grisé

Teriyaki is a Japanese soy-based sauce that is usually used to glaze fish or meat that is grilled or stir-fried. Here, it is used as a marinade and combines with fruit, vegetables and almonds to create a uniquely flavored dish.

TIP

Vary the vegetables in this stir-fry — add sliced red or white onions, sliced carrots, snow peas, broccoli or cauliflower florets or chopped green or red pepper, as desired. Cut pieces about the same size to ensure even cooking.

DIETITIAN'S MESSAGE

Stir-fried vegetables retain their crunchy texture and bright colors. They also retain more nutrients because of the fast cooking time. This dish, which delivers a healthy dose of iron, contains foods from all the food groups, except for Milk Products. Complete the meal with a dairy-rich dessert such as a baked custard.

Pork Teriyaki

1 lb	pork tenderloin, cut into thin strips	500 g
1/4 cup	teriyaki sauce	50 mL
1 cup	water	250 mL
1/2 cup	dried apricots, halved	125 mL
2 1/2 cups	pineapple or orange juice	625 mL
1 1/4 cups	white rice	300 mL
1 tbsp	vegetable oil	15 mL
1	medium onion, chopped	1
1	medium red bell pepper, chopped	1
1	small yellow bell pepper, chopped	1
1/4 cup	slivered almonds	50 mL

1. Marinate pork in teriyaki sauce for several hours in refrigerator.
2. Bring water and apricots to a boil in a small saucepan. Cook for about 20 minutes or until tender. Remove apricots, reserving liquid. Add pineapple juice to saucepan; return to boil. Add rice and cook for about 15 minutes or until rice is tender and liquid is absorbed.
3. In a large skillet over medium-high heat, stir-fry pork in hot oil for about 5 minutes or until browned. Add onion and peppers; stir-fry for 5 minutes. Stir in apricots and almonds. Serve over rice.

PER SERVING

Calories: 471

Dietary Fiber: 4 g

Carbohydrate: 69 g

Fat: 10 g

Protein: 27 g