

## Pork in Orange Sauce

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**Makes 4 servings**

**Each serving: 1/4 recipe**

1 tablespoon of orange peel, finely shredded

1/2 cup orange juice

2 tbsp soya sauce

2 tsp cornstarch

1/8 tsp ground ginger

2 large carrots thinly sliced

2 stalks of celery chopped

vegetable cooking spray

1 lb lean boneless pork loin, cut into 1/2 inch cubes

8 medium cashews (optional)

2 teaspoons of sugar

Combine orange peel, orange juice, soy sauce, cornstarch, and ginger; set aside. Cook carrots and celery in skillet coated with vegetable cooking spray until tender. Remove. Add pork and cook 4 to 5 minutes or until browned. Add orange juice mixture, cashews, and sugar. Cook and stir until thickened and bubbly. Return vegetables to skillet. Cover and heat through 1 minute.

**Nutritional Information Per Serving:**

Carbohydrates 12.1 (g)

Proteins 24.2 (g)

Fats 5.9 (g)

Calories 202