

Pineapple Pork Oriental

By Camine Pappas, March 1999

3 lean pork loin chops, trimmed and cut into long strips

½ C pineapple chunks

6 asparagus stalks, trimmed and cut angled into 1 inch pieces

Salt and Pepper to taste

1 T Soy sauce

1 T corn starch

Sauce:

1 package dry chinese chicken salad dressing or package from Ramen Chicken flavored soup packet

3 T rice wine vinegar, 2 T olive oil, juice from one can of pineapple chunks and cornstarch to thicken.

Brown pork loin in olive oil, and salt and pepper. During last 5 minutes of cooking, add pineapple and asparagus and soy sauce. Add sauce ingredients and cornstarch with a little water mixed in to thicken. Serve over white steamed rice.