

## Dinner Tonight!

### **Teriyaki-Ginger Pork Tenderloin**

- 1 1-pound pork tenderloin
- 1 1/2 tablespoons teriyaki sauce
- 1 1/2 tablespoons cornstarch
- 1/4 teaspoon ground ginger
- 3/4 cup pineapple juice

Trim fat from pork. Slice tenderloin into 1/2-inch thick slices. Flatten with palm of hand. Coat a large nonstick skillet with cooking spray. Place over medium high heat until hot. Add pork and cook 3 minutes on each side or until browned.

Combine teriyaki sauce, cornstarch, ginger and pineapple juice; stir well. Add to the pork. Bring to a boil; reduce heat and simmer 3 minutes. Remove pork from skillet and spoon sauce over pork.

Preparation Time: 5 minutes

Cook Time: 10 minutes

Serves: 4

Nutrition facts per serving:

Calories: 161

Total Fat: 3 g

Cholesterol: 74 mg

Sodium: 293 mg

Total Carbohydrate: 8 g

Protein: 24 g

Serve with: Curried Rice, steamed snow peas and orange slices