

SWEET PUMPKIN PORK WITH QUINOA

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 5 (Per Serving)

Nutrition (per serving)

Calories: 417

Total Carbohydrate: 49 g

Total Fat: 11 g

Dietary Fiber: 6 g

Saturated Fat: 2 g

Protein: 32 g

Sodium: 411 mg



Ingredients

- 1 Tablespoon canola oil
- 1.5 pounds pork, cut into pieces (choose a loin cut that hasn't been injected with sodium/broth)
- 1 - 15 ounce can 100% pure pumpkin
- 1/3 cup reduced sugar apricot preserves (choose gluten free for GF version)
- 2 Tablespoons brown sugar
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- ¼ teaspoon salt
- 1 cup water
- 3 ¾ cup cooked quinoa



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Directions

1. In a medium skillet, cook pork in oil on medium-high heat for 5-7 minutes.
2. In a small bowl, stir together pumpkin, preserves, brown sugar, cumin, chili powder and salt.
3. Add water and sauce to pork. Simmer on medium-low heat for 15-20 minutes.
4. Serve over quinoa.