Recipes For A Complete Meal Using Commodity Foods*

Menu:

Sweet & Sour Pork
Cooked Rice
Sweet Potato Pudding

Sweet & Sour Pork

*1 can (1 lb. 13 oz.) pork
3/4 cup juice from canned pineapple in recipe
- add water if needed to make 3/4 cup
1/4 cup sugar
2 Tablespoons cornstarch
1/4 cup vinegar
1 Tablespoon soy sauce
1/4 cup onion, thinly sliced
*1 cup pineapple chunks
1/2 cup celery, chopped
1/2 cup green pepper, thinly sliced or chopped
*4 cups cooked rice

Directions:
Remove all visible fat from pork and drain. Chop into bite-size pieces and set aside. Pour 3/4 cup pineapple juice into medium saucepan. Mix sugar and cornstarch well. Stir into pineapple juice. Add vinegar and soy sauce. Bring to boil, stirring often. Reduce heat to medium and cook until thick and bubbly (about 1 minute, consistency of honey), stirring constantly. Add pork, onion, pineapple, celery and green pepper. Cook 5 minutes, or until vegetables are tender-crisp. Serve over cooked rice*.

Makes 8 servings
Nutritional Information: Amount per serving: Calories 474; Total Fat 30g; 57% of total calories from fat; Protein 14g; Sodium 478mg; Iron 17mg

Cooked Rice

Yield: 4 cups cooked rice

Directions:
• Combine 1 1/3 cup rice with 2 2/3 cups water in a medium saucepan.
• Bring to boil, stir once or twice with a fork, lower heat.
• Cover tightly and simmer 20-30 minutes without removing cover or stirring rice, until liquid is absorbed and rice is tender.
• Fluff with fork and serve.
Ants On A Log

- Wash celery stalks and trim off ends.
- Cut stalks in 3 to 4 pieces.
- Fill inside of celery with peanut butter* or with light cream cheese.
- Line the top of the peanut butter or cream cheese filling with raisins.*

Wash celery well before using! Keep clean, cut up celery sticks in the refrigerator for a quick and easy snack.

Sweet Potato Nutrition

- High in vitamin A value
- A good source of vitamins C & E
- Low in fat
- High in fiber

Sweet Potato Pudding

*2 cups reconstituted non-fat dry milk
*1 (15 oz) can sweet potatoes (yams), drained and mashed
1 package instant vanilla pudding mix
ground cinnamon (optional)

Directions:
Reconstitute non-fat dry milk by mixing 2 cups water with 2/3 cup non-fat dry milk powder in a medium mixing bowl. Thoroughly mash sweet potatoes with a fork and add to milk, stir well or whisk. Pour package of instant pudding into milk mixture and stir or whisk for 2 minutes. Chill and serve. Sprinkle top with cinnamon (optional).

Makes 6 servings
Nutritional Information: Amount per serving: Calories 73; Total Fat 0 g; Sodium 104 mg; Calcium 11%; Vitamin C 8%; Vitamin A 128%.