Sweet and 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

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. Yield: 8 servings

Sweet Potato Pudding

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

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).
Yield: 6 servings
### Nutrition Facts

**Servings Per Recipe**: 8  
**Amount Per Serving**: 1 cup

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* * Percentage Daily Values

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### Nutrition Facts

**Servings Per Recipe**: 6  
**Amount Per Serving**: 1/2 cup

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* * Percentage Daily Values

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