



Sweet and Spicy Pork and Pineapple Tacos

Recipe Source: www.melskitchencafe.com

Serves 6-8

Ingredients:

2 lbs pork tenderloin, trimmed and cut into 1-inch cubes
Salt and pepper
1 Tbsp canola oil
4 garlic cloves, finely minced or pressed
1 tsp ground cumin
2 tsp chili powder
Pinch of cayenne pepper (or more to taste)
1 (20 oz) can pineapple chunks, drained, reserving ¼ cup juice
2-3 Tbsp chopped fresh cilantro
Corn tortillas for serving

Steps:

- Heat oil in a large non-stick skillet over medium heat. Sprinkle salt and pepper over the pork pieces and add to the hot skillet, browning on each side until golden. (The pork doesn't need to cook all the way through in this step, just get a nice color on all the pieces.)
- Stir in the garlic, cumin, chili powder, and cayenne. Cook for 1-2 minutes, stirring constantly. Add the juice and pineapple and simmer the mixture until the pork is cooked through, 7-9 minutes.
- Stir in the cilantro. Serve with corn tortillas.

Tips from the Test Kitchen: For a little bit of a fajita twist on this dish, add sliced yellow onion and green and red pepper strips with the spices.

Nutritional Facts: per serving Calories: 278, Carbohydrates: 23 grams, Protein: 32 grams, Total Fat: 7 grams, Saturated Fat: 2 grams, Cholesterol: 83 mg, Sodium: 966 mg, Fiber: 3 grams, Total Sugars: 10 grams.