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Marjie's Sweet and Sour Pork

~4 servings

Ingredients:

- ~3 cups cubed cooked ham (baked ham leftovers work great!)
- 1 onion coarsely chopped
- 1 green, yellow, or red pepper coarsely chopped
- 1 – 2 tbsp olive, grape, or avocado oil (or other favorite fat for sautéing)
- 1 16 oz can pineapple chunks (without added sugar)
- 1 clove of garlic crushed
- 1 – 2 tbsp coconut aminos
- 1 tbsp Eden Ume Plum vinegar (optional)
- 1 teas poultry seasoning
- 1 – 2 splashes of Frank's hot sauce (optional)
- Sea salt to taste (not always needed, depending on ham)

Directions:

1. In large skillet, add fat and sauté onion, garlic, and peppers till just getting soft.
2. Add in ham, coconut aminos, Ume Plum vinegar, poultry seasoning, and Franks. Stir and allow to cook a few more minutes.
3. Add in pineapple and the juice. Stir, place lid on pan, turn down the heat, and allow to cook over medium heat for about 10 more minutes.
4. Top with cashews, pine nuts, or other favorite nut (optional).
5. Enjoy!
6. This may be enjoyed with a serving of rice, quinoa, other GF grain, cooked taro root, sweet potato, or other favorite side.