Citrus Pork with Egg Noodles
Cheap, Fast and Healthy, Jan. 15th

Ingredients:
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/2 pound boneless pork loin, cut into 2x1/2-inch strips
- 1 Tbsp vegetable oil
- 2 cloves garlic, minced
- 1 cup chicken broth
- 1/2 cup orange juice
- 2 Tbsp cider vinegar
- 1/2 Tbsp brown sugar
- 2 medium carrots, sliced
- 1 Tbsp corn starch
- 1/2 cup sliced green onions
- 1/2 pound egg noodles, cooked, drained

Directions:
1. In a small bowl combine cumin, salt and pepper. Add pork; toss to coat.
2. In a large skillet heat oil over medium high heat. Add the pork and garlic. Sauté for 2 minutes or until browned.
3. In a small bowl blend the broth, orange juice, vinegar, and brown sugar. Reserve 1/4 cup of the broth mixture. Pour all but the reserved broth mixture into the skillet with the pork and garlic. Add the carrots. Bring to a boil and reduce the heat to medium. Cook 7-8 minutes.
4. Blend corn starch into reserved broth mixture. Stirring constantly, pour the corn starch mixture into the skillet to thicken the sauce. Add the green onions. Bring to a boil and simmer for 1 more minute.
5. Toss with the noodles. Serve immediately.

Check out getbalanced.me and http://und.edu/health-wellness/wellness/nutrition/index.cfm