

Lemon Pork Stir-Fry

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Servings: 4

Preparation Time: 6 minutes

Start to Finish Time: 15 minutes

1 tablespoon cornstarch

1 12-ounce pork tenderloin, halved lengthwise and cut crosswise into 1/4-inch-thick slices

2 teaspoons oil

12 ounces baby bok choy, quartered crosswise

1 bell pepper, cut into strips

1 cup carrots, shredded

2 tablespoons stir-fry sauce

2 tablespoons water

1 teaspoon grated lemon zest

1 tablespoon lemon juice

Sprinkle the cornstarch over the pork. Toss until coated.

Heat 1 1/2 teaspoons of the oil in a large nonstick skillet.

Add the pork. Stir-fry for 3 to 4 minutes until cooked through. Remove from skillet.

Heat the remaining oil in the skillet.

Add the bok choy, pepper and carrots. Stir-fry for 4 minutes until crisp-tender.

Return the pork to the skillet. Add the stir-fry sauce, water, lemon zest and lemon juice. Toss until hot.

Per Serving (excluding unknown items): 160 Calories; 5g Fat (30.0% calories from fat); 19g Protein; 9g Carbohydrate; 2g Dietary Fiber; 55mg Cholesterol; 320mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.