

Pork

Red Cabbage-Pork Stir Fry

Integrated Marketing Services - Apopka, FL

Servings: 6

Preparation Time: 15 minutes

Cook time: 15 minutes

2 tablespoons vegetable oil, divided
12 ounces roasted pork tenderloin, thinly sliced
2 tablespoons soy sauce, divided
2 teaspoons ground ginger, divided
2 cloves garlic, minced and divided
1 medium (4 cups) red cabbage, thinly sliced
1 cup low-sodium, fat-free chicken broth
2 tablespoons hoisin sauce
2 tablespoons cornstarch
2 green onions (optional), thinly sliced

In a wok or large skillet, heat one tablespoon of the oil over medium-high heat.

Add the pork, one tablespoon of the soy sauce, one tablespoon of the ginger and half of the garlic. Stir-fry for 3 to 4 minutes. Remove the pork from the wok. Set aside.

Add the remaining one tablespoon of oil to the wok and heat over medium-high heat.

Add the cabbage and remaining soy sauce, ginger and garlic. Stir-fry for 8 to 10 minutes or until tender.

Stir in the broth and hoisin sauce. Bring to a boil.

In a small bowl, combine the cornstarch and two tablespoons of water. Stir into the wok.

Return the pork to the wok. Cook and stir for 3 to 4 minutes or until the sauce is thickened.

Top with green onions (if desired) and serve.

Per Serving (excluding unknown items): 167 Calories; 8g Fat (44.3% calories from fat); 16g Protein; 7g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 461mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.