

Pork Fried Rice

Serving Size: 1/6th of recipe

Serves: 6

Ingredients

1 tablespoon sesame oil
1 medium onion, finely chopped
1 pound pork tenderloin, chopped
2 medium carrots, finely chopped
1 clove garlic, finely chopped
1 teaspoon fresh ginger, peeled and finely chopped
1 green bell pepper, finely chopped
1 red bell pepper, finely chopped
2 cups brown rice, cooked according to package directions and reserved cold
2 teaspoons low sodium soy sauce
2 medium eggs, beaten

Directions

In a large skillet or wok, heat the oil. Add the pork and stir fry until done. Add the carrot and onion and stir fry for about 1 minute. Add the remaining vegetables and stir fry for an additional minute to blend the flavors.

Add the cooked rice and soy sauce and mix in the pan.

Move the stir fry mixture to one side and add the eggs stirring until cooked. Recombine the eggs with the stir fry and serve immediately.

Exchanges per serving:

3 Lean Meats, 1 Starch, 1 Vegetable

Nutrients per serving:

Calories: 260

Calories from fat: 72

Total Fat: 8g

Cholesterol: 121mg

Sodium: 138mg

Total Carbohydrate: 21g

Dietary Fiber: 3g

Protein: 26g