

LOW PROTEIN RECIPE - Main Dish

Pork Stir Fry:

Makes 1 serving.

Ingredients:

1 1/4 cup broccoli, chopped
1/2 cup pea pods
1/2 carrot, shaved in strips
1/4 cup raw onion slices
2 ounces cubed center cut pork chop (remove all fat possible)
1 tsp wine vinegar
garlic powder as desired

How to Make:

Coat large skillet with cooking spray.
Heat skillet over medium heat until hot.
Add pork and onion and saute until lightly brown.
Add broccoli and carrot.
Stir constantly.
When vegetables are barely soft add pea pods and cook two minutes longer.
Remove from heat.
Sprinkle with wine vinegar and garlic powder to taste.

Modifications:

Meat and vegetable portions may be adjusted for your meal plan.

Composition:

1 serving = 1 1/2 meat list A
5 1/2 vegetable
(20 grams pro, 80 mg Na, 245 mg phos, 40 mg chol)

Finishing Touches:

Depending on your diet plan, to complete the meal you may want to add:
rice
chow mein Chinese noodles
a dessert (angel food cake with frozen strawberries)

For Diabetics Only:

1 serving = 1 1/2 meat
5 vegetables