



AADI Recipe – Hoisin Pork with Chinese Broccoli

Pork has a reputation of being a fatty, unhealthy meat. But when chosen wisely, it can be a healthy protein source. Tenderloin, loin roast and loin chops are the leaner pork choices.

Ingredients:

- 1 tablespoon hoisin sauce
- 2 teaspoons low sodium soy sauce
- 2 tablespoons sake or rice wine
- 1 teaspoon sesame oil
- ½ packet sucralose*
- 1 tablespoon cornstarch
- 1 tablespoon canola oil
- 2 teaspoons garlic, minced
- 2 teaspoons grated ginger
- 12 ounces pork loin, sliced thin
- 4 cups Chinese broccoli, sliced into 1½-inch pieces
- ½ cup carrots, peeled and julienned
- ½ cup green pepper, seeded and thinly sliced
- 2 tablespoons scallions, chopped
- 2 medium sized, baked or boiled sweet potatoes, peeled and sliced

Nutrition Facts	
Serving Size 1 serving	
Amount Per Serving	
Calories 280	Calories from Fat 100
% Daily Values*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 230mg	10%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 21g	42%

*Percent Daily Values are based on a 2,000 calorie diet.

Directions:

1. In a bowl, whisk together the hoisin sauce, soy sauce, sake or rice wine, sesame oil, sucralose and cornstarch. Set aside.
2. Heat a wok over high heat. Add the canola oil, then the garlic and ginger. Stir-fry until fragrant, about 30 seconds.
3. Add the pork loin. Stir-fry for 2 minutes, flipping the meat constantly with a spatula or wooden spoon.
4. Add the Chinese broccoli, carrots and green pepper, stir to combine, then cover the wok, lower the heat and cook for 2 minutes.
5. Remove the cover of the wok, stir the pork and vegetables, then slowly add the hoisin sauce mixture, stirring until everything is thoroughly combined.
6. Garnish with scallions. Serve immediately, accompanied by sliced sweet potato.

Servings: 4

*Sucralose is an artificial sweetener that contains no carbohydrate or calories. It can be purchased under the brand name Splenda or Nevella. You may substitute sucralose with the same amount of granulated sugar (1 packet of sucralose = 1 packet/1 teaspoon of sugar). Each teaspoon of sugar contains about 4 g of carbohydrate and 16 kcal.

