Garlic Sauce
Ingredients:
- ½ cup low sodium chicken broth
- ½ teaspoon no salt black bean paste
- 2 tablespoons low sodium soy sauce
- 2 teaspoons sake or rice wine
- 2 teaspoons sesame oil
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, grated
- 2 tablespoons onions, minced
- 2 tablespoons oyster sauce
- 1 packet sucralose*
- 1/8 teaspoon black pepper
- 1 tablespoon cornstarch

Directions:
1. Mix all the ingredients in a saucepan. Bring to boil over medium high heat, stir constantly. Remove from heat and set aside.
2. Refrigerate the unused sauce immediately. Refrigerate up to 5 days.

Servings: 4

Pork with Spinach
Ingredients:
- 2 fluid ounces Garlic Sauce
- 2 teaspoons canola oil
- 2 ounces pork, sliced
- 2/3 cup spinach

Directions:
1. In a large frying pan or wok heat the canola oil. Add pork. Stir with a spatula or wooden spoon
2. Add spinach and a tablespoon of water. Cover and steam for 2-3 minutes or until the meat is cooked and the vegetables are al dente.

Servings: 1

*Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Values*</th>
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<tbody>
<tr>
<td>Calories 225</td>
<td>Calories from Fat 135</td>
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<tr>
<td>Total Fat 15g</td>
<td>23%</td>
</tr>
<tr>
<td>Saturated Fat 2.5g</td>
<td>13%</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Sodium 565mg</td>
<td>24%</td>
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<tr>
<td>Total Carbohydrate 6g</td>
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<tr>
<td>Dietary Fiber 1g</td>
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<tr>
<td>Sugars 0g</td>
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<td>Protein 15g</td>
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*Percent Daily Values are based on a 2,000 calorie diet."