



AADI Recipe

- Pork and Spinach with Garlic Sauce

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

Nutrition Facts	
Serving Size 1 serving	
Amount Per Serving	
Calories 225	Calories from Fat 135
% Daily Values*	
Total Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Sodium 565mg	24%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 15g	30%

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

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

**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.*